



Networking to Inspire Healthy Change

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ABC Unified School District

www.nnetwork.abcusd.k12.ca.us

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
ABC Unified School District	7,000	X	X	X	X

Significant Evaluation Results

- An increase in knowledge and self-efficacy was reported as a result of a supplementary HOTM intervention among 4th graders.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Twenty-two staff and teacher trainings are to be provided this year for 9 elementary school sites and child development programs. Topics of trainings will include how to build on the existing HOTM program, linking gardening and nutrition, cooking in the classroom, integrating nutrition education with core curricular subjects, and SPARK.

Harvest of the Month

- Teachers receive monthly educator newsletters
- Parents receive family newsletters in English/Spanish.
- Elementary school students taste test produce in the classroom. Middle school students and high school students in Teen Parent program prepare healthy snacks and meals that incorporate featured fruit or vegetable produce item.
- Elementary students receive a HOTM workbook which includes activities that link to the California Content standards.
- Elementary school teachers receive supplementary nutrition education materials, stickers, and transparencies related to featured produce item.
- Preschool teachers receive Big Books and supplementary lessons each month and conduct HOTM taste tests.
- Librarians receive food themed books featuring HOTM fruit or vegetable monthly.
- Nutrition Specialist conducts weekly cooking activities with HOTM produce item.

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers receive Dairy Council and PowerPlay! materials through teacher trainings and campaigns. Special programs such as breakfast lessons, Adventures in Cooking, and fruit and vegetable lessons are conducted in classrooms daily. Teachers also receive supplementary materials to follow up these visits in the classroom. Campaigns such as Steps to Healthy Living Campaign are conducted with 4th and 5th grade students.

Nutrition Education and PA *Outside* the Classroom

- Nutrition education is provided outside of the classroom through school assemblies. Theatrical performances such as Food For Thought II, and interactive nutrition and physical activity performances by Kidtribe provide valuable experiences for elementary school age children. A 1K race is held and includes nutrition education booths for students and parents.

Nutrition Education and PA in Afterschool Programs

- Nutrition education and cooking activities are provided to students in afterschool programs. A total of three visits per school are provided by *Network* staff.

Youth Development/Empowerment

Cafeteria Connections

- Featured produce item is included on school lunch menu at least twice a month. Nutrition education messages are also included on the school breakfast and lunch menu.

Parent Education and Community Outreach

- Parent education is provided during existing events such as 2nd Cup of Coffee with the Principal, fairs and community gatherings, science night, and district wide events. Topics include the benefits of eating a nutritious breakfast and cooking healthy meals on a budget. The most successful outreach to parents has been through Family Nutrition Nights, which have reached approximately 400 students and parents at each school.

Alameda County Nutrition Services

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Oakland Unified School District	22,000	X	X	X	X

Significant Evaluation Results

- Mean nutrition knowledge score was 18% higher for post-intervention compared to pre-intervention baseline knowledge.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Approximately 700 teachers receive five trainings as part of teacher monthly staff meetings over the course of the academic year: How to Use the HOTM Program; How to Use Art to Promote Fruits and Vegetables; How to Use Writing to Promote Fruits and Vegetables; How to Use TV Turnoff Week to Promote Physical Activity; How to Teach Math to Sugar Savvy Students. We typically use the train-the-trainer model to enable teachers to provide nutrition education to their students.

Harvest of the Month

- Approximately 700 classrooms in 32 schools use the HOTM program. Items in the HOTM interventions include: preference posters; teacher newsletters/lesson plans; workbooks for grades K-6; "I Tasted..." stickers for grades K-5; HOTM related books; monthly bulletin board HOTM promotion; HOTM posters decorating the cafeteria, gym, and hallways; monthly promotion of the HOTM on the cafeteria menu; monthly taste test of the HOTM fruit/vegetable.

Nutrition Education and PA in the Classroom (including School Gardens)

- In conjunction with Nutrition Education, we offer Physical Activity DVDs to teachers to provide PA ideas on rainy days where students have limited outside activity. We also partner with OUSD to assist 26 of our partner schools with the CDE funding for school gardens, and we are utilizing a Garden Education Coordinator to promote the nutritional benefits of school gardens.

Nutrition Education and PA *Outside* the Classroom

- We promoted and supported Walk to School Day events in October 2008 at 12 partner schools, promoted TV Turnoff Week and PA in April 2008, and partnered with other agencies in supporting health fairs, assemblies, and PA events. We plan to do the same every school year.

Nutrition Education and PA in Afterschool Programs

- NS staff meets with afterschool program staff regularly to integrate nutrition and PA content into afterschool activities. NS staff provides cooking demos, taste tests, and supporting NE materials, and partners with other agencies to provide PA equipment and cooking demos for instructional purposes.

Youth Development/Empowerment

- NS staff coordinates with community service programs to either provide content to students for use in the community or train youth to deliver nutrition related messages in the community. FACES is one example of this.

Cafeteria Connections

- NS staff meets regularly with food service staff to follow up on the HOTM program. Additionally, a Registered Dietitian meets quarterly with food service staff to provide training on topics specific to food service and nutrition, as well as drop in on an individual basis to assess the quality of services. NS staff assists schools in finding individuals to staff and promote the nutritional benefits of salad bars. HOTM fruit or vegetable is included on OUSD menus to reinforce students' exposure to HOTM produce.

Parent Education and Community Outreach

- Parent education is provided through as many communication channels as are available to us, including: weekly take-home parent folders, weekly/monthly newsletters, promotional flyers, education pieces and trainings, and dedicated nutrition bulletin boards. The Healthy Living Champions for Change program involves parents in school-based community groups that meet monthly to promote nutrition and PA related issues in the school community. NS staff regularly presents or tables at Open Houses, Back to School Nights, school Health Fairs, and community Health Fairs to reach parents and the community.

Alameda County Office of Education

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Alameda County Office of Education	200			X	X

Significant Evaluation Results

- Students at one ACOE school, Rock La Fleche, designed and delivered a series of nutrition garden and classroom based workshops for 80 elementary age students in the Oakland Unified School District. The individual workshops focused on learning and about and using elements of the food guide pyramid, playing nutrition reinforcement games (matching games, scavenger hunts), enjoying food tasting, identifying various garden produce, singing songs and making crafts from garden materials. The primary goal was for the high students to learn about nutrition via their service/community work.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

Harvest of the Month

Nutrition Education and PA in the Classroom (including School Gardens)

- Weekly nutrition education classes (garden and classroom based) using an amalgamation of curricular resources, teacher-created lessons, audio/visual materials, cooking classes and field activities.

Nutrition Education and PA *Outside* the Classroom

- Nutrition education activities outside of the classroom included: workshops (garden and classroom based) at Lafayette Elementary School and East Bay Conservation Corps Charter School in West and North Oakland. Annual nutrition education celebration event showcases special student achievement, for example development of garden environment to increase usable space for outdoor classroom and crop development.

Nutrition Education and PA in After school Programs

Youth Development/Empowerment

- Students are encouraged, and supported to take charge of developing the service learning project, including creating workshop structures and content, delivering nutrition education activities in gardens and classrooms. Students evaluate their performances and celebrate their success at the end the year.

Cafeteria Connections

Parent Education and Community Outreach

Alameda County Office of Education

Nutritional Learning Community Coalition

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
San Lorenzo	3199		X		
Hayward	10,008	X	X	X	X
Livermore	821		X		
San Leandro	1025		X		

Significant Evaluation Results

- We had two significant impact results: daily consumption of vegetables for all students increased, and parents are using the tips in the HOTM and the parent classes.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- We provide eight Botany on Your Plate professional development trainings for teachers. This K-3 curriculum integrates nutrition education with inquiry science.
- We provide four HOTM standards integration workshops.
- SPARK training.
- We have monthly nutrition professional development trainings for staff.

Harvest of the Month

- We provide HOTM boxes for 783 teachers and send approximately 20,000 flyers home to parents.

Nutrition Education and PA in the Classroom (including School Gardens)

- We use Nutrition to Grow On; Project Food, Land and People; and appropriate TWIGS curriculum organized into thematic units that integrate nutrition education with science. San Francisco Foundation, California Instructional School Gardens legislation, Lowes, Home Depot, and others provided the materials for the school gardens.

Nutrition Education and PA *Outside* the Classroom

- In tandem with our nutrition education program, we implement a Carol A. White PEP Federal grant to provide physical education and physical activity training for every classroom teacher in 20 schools across Alameda County. Additionally, the Bridge to Health/Puente a la Salud program provides for parents to join their students in cooking and physical activity after the school day.

Nutrition Education and PA in Afterschool Programs

- We provide training for cooking and garden-based nutrition education for afterschool coordinators at 27 sites. In addition, through our operations department, we provide the materials and on going coaching to sustain the program.

Youth Development/Empowerment

- Last year, due to a grant from the Public Health Institute, we worked with youth to think through healthy food availability in Tennyson High School. We also received a grant from the San Francisco Foundation to build a high school farm which is now training high school interns to provide nutrition education for middle and elementary students.

Cafeteria Connections

- We provide information to salad bars to inspire students to eat more fruits and vegetables.

Parent Education and Community Outreach

- We are joining with the Parent Information Resource Center here at ACOE to provide nutrition education and physical promotion for parents.

Alhambra Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Alhambra Unified School District	10,011	X	X	X	X

Significant Evaluation Results

- We conducted a 5-week nutrition education class for parents. It was gratifying to hear how the parents are implementing what they learn from the class at home. "My children read the labels on juice boxes to be sure we buy 100% fruit juice."

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- We plan to facilitate 10 professional development trainings for teachers. Teachers will learn strategies for integrating nutrition/physical activity promotion into the core curriculum. Topics may include: MyPyramid, Fast Food Strategies, Healthy Classroom Parties, Pizza from the Ground Up, The Very Hungry Caterpillar, Stone Soup.

Harvest of the Month

- Teachers receive monthly newsletter and featured produce for classroom sampling.
- Classroom taste-testing with preschool sites connected to literature.
- Food Service features HOTM on the cafeteria menu.
- Parent newsletters (available in English, Spanish and Chinese)

Nutrition Education and PA in the Classroom (including School Gardens)

- **SPARK** (Sports, Play and Active Recreation for Kids) Staff training and technical support for Grades K -6.
- Participation (5 elementary school sites, Grade 4-5) with PowerPlay! Healthy Steps Campaign.
- HOTM applications are applied to nutrition education/gardening.
- Our school sites are also recipients of the CA Instructional School Garden and integrate nutrition education with gardening. Curriculum resource includes: The Earthbox Curriculum Grades K-12.

Nutrition Education and PA *Outside* the Classroom

- Special events include: International Walk to School Week.
- Nutrition Assemblies/Special Projects which may include: tile mural with nutrition themed messages, CA Science Center “Super Kids Assemblies”, Food Play.

Nutrition Education and PA in Afterschool Programs

- We provide strategies each month on the promotion of HOTM .
- We provide professional staff development 1-2 times per year. After School Youth Leaders will learn strategies for integrating nutrition/physical activity promotion in the after school program. Topics may include: MyPyramid, Fast Food Strategies, Healthy Classroom Parties, Label Reading, Portion Distortion, and technical support for SPARK and nutrition integration.

Youth Development/Empowerment

- Youths (Grades 4-12) are encouraged to learn healthy lifestyle/physical activity promotion by participating in Nutrition Advisory Councils. We have 5 Nutrition Advisory Councils at 4 elementary schools and 1 high school site. They learn basic skills and share the importance of making healthy eating choices and being active with other students and parents at their school site.
- Culinary Connections features a chef visit and demonstration for Nutrition Advisory Councils.

Cafeteria Connections

- The child nutrition staff uses the cafeteria to promote positive nutrition messages via bulletin boards. Posters, HOTM materials, etc are posted for students, staff and parents to see. Monthly, the child nutrition staff promotes HOTM by featuring the monthly produce on the cafeteria menu. Classroom teachers display student work promoting healthy habits in the cafeteria.

Parent Education and Community Outreach

- Parent nutrition education is provided at various school sites. Sessions vary in length from 1 to 5 one-hour sessions. Topics may include; MyPyramid, Fast Food Strategies, Sugary Beverages, Label Reading, Portion Distortion, Supermarket Scavenger Hunt and physical activity promotion.
Materials: Loving Your Family Feeding Your Future (English, Spanish, Chinese)
- Special Events at School Sites include:
Ramona School Mustang Super Bowl VI 2008 and Fremont Fun Fit Festival 2008
School wide events promoting the building of a 240 pound salad, physical activity, partnerships with local agencies and community partners.
- Community Outreach: participation with City of Monterey Park Health Fair/Kids Day for students and parents in our community.

Alisal Union School District

www.alisal.org

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Alisal Union School District	7,717	X	X		

Significant Evaluation Results

- We are extremely proud of our work because as we speak to our students we realize that they are well educated on making healthy choices. One example of a success is that in one of our Health and Garden clubs the teacher wanted to give the students a reward for their hard work and she said she would do a food demonstration and students would be allowed to choose the particular food. Students unanimously asked to taste bok choy tacos. The bok choy had been planted in their school garden so they were able to harvest and enjoy the product of their hard work.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- This year we plan to hold 10 training sessions. Seven sessions are for the seven grade levels with which we work. The remaining three training sessions include one for the Early Childhood Teachers, and two for child supervisors. The topics that we plan on covering are an overview of our program, the food pyramid, healthy snacks demonstration, physical activities for students, healthy fundraising, healthy celebrating and the HOTM activities.

Harvest of the Month

- We use HOTM as a standard part of our nutrition education curriculum. We use many of the recipes in our parent demonstrations and in our newsletters. In addition, many of our non-*Network* teachers use the activities with a Farm to School kit. These kits include the fruit or vegetable of the month, information on the farmer and theme based activities.

Nutrition Education and PA in the Classroom (including School Gardens)

- Nutrition and PA education is done in classrooms by credentialed teachers that use effective strategies such as realia, hands on activities, group work and teacher-directed instruction. Our district has many English as a Second Language students, so we incorporate many English Language Development strategies into our lessons, as well. We also include singing and physical movements when needed.

Nutrition Education and PA *Outside* the Classroom

- Our nutrition education outside of the classroom is mainly done through Health and Garden clubs that are run at each school site. In our health clubs we encourage physical activity, social responsibility and healthy living. The students in our health clubs usually volunteer to help care for the school gardens.

Nutrition Education and PA in Afterschool Programs

- Because we are a Program Improvement district, most of our after-school program staff is our regular staff. We work with the Healthy Kids After School Resource Center to provide any resources that teachers may need. Also, we purchase library books on nutrition and physical activity promotion and healthy living for all sites. These are available throughout the day and during the after-school hours at the site libraries.

Youth Development/Empowerment

- We encourage our local high school and university youth to volunteer their community hours with our program. We have partnerships with our high district and with our local university. We provide our youth with positive role models to reinforce our program goals. For our elementary students we develop empowerment through modeling and teaching wise decision making.

Cafeteria Connections

- Our food service department uses the fruit or vegetable from HOTM for our Fresh Fruit and Vegetable program and for our cafeteria salad bars. In addition, our food services works closely with our *Network* program on trainings, food vendor fairs, healthy catering, and wellness topics.

Parent Education and Community Outreach

- Parent education is provided by parent educator visits to each school site and presentations at the various sites. She attends parent meeting (Koffee Klatches) and she does a series of 4 nutrition education classes. The topics for these classes are: 1. A program overview with an emphasis on the program goals, 2. Health benefits and nutritional information on fruits and vegetables, including HOTM and PA promotion, 3. Overview of the food pyramid, emphasis on serving sizes and calorie intake, 4. Nutritional labels and healthy food preparation demonstrations.
- Community activities include presentations at English as a Second Language Adult classes, Healthy Start groups, Migrant Education PAC meetings and general meetings, community festivals, and farmers markets. In addition, we participate in a community Parent University, Family Values Festival, Migrant Bi-National Health Conference, Farm Day, and a Health and Science Fair.

City of Berkeley Health and Human Services Department

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Berkeley Unified School District and Head Start sites	1,110	X		X	X

Significant Evaluation Results

- Students at the alternative high school started to become engaged with nutrition activities and participated in surveys related to corner stores and eating habits, with several students expressing interest in participating in a campaign to make changes.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Two trainings to Head Start staff based on the Healthy Habits for Life campaign/curriculum.

Harvest of the Month

- We are using HOTM materials when we table at community events and hand out parent worksheets to our Head Start parents.

Nutrition Education and PA in the Classroom (including School Gardens)

- Provide advice on resources for teachers to use, including HOTM and CHKRC curricula such as JumpStart! and the FUEL series.

Nutrition Education and PA *Outside* the Classroom

- Tabling at school fall and spring events, providing nutrition education materials, healthy food samples, fruit and vegetables bean bag and dice/question games, and physical activity challenges facilitated by youth interns.

Nutrition Education and PA in Afterschool Programs

- We are partnering with two afterschool programs at a middle school and alternative high school, providing weekly workshops on nutrition education, understanding the food environment and food justice issues, and tying it in with taste testings, surveying, and our campaign to partner with corner stores to make changes for providing healthier options.
- Provide topic-specific nutrition education activities to the Parks and Recreations Teen Programs and afterschool programs; topics include: basic nutrition education, healthy drinks, healthy snacks, food labeling, fruits and vegetables – eat your colors, and whole grains.

Youth Development/Empowerment

- Youth in the afterschool program are taught presentation skills and given the opportunity to spread the message of nutrition and healthier eating by conducting presentations to their peers. Those engaged in the corner store campaign interact with other youth, neighbors, store owners, teachers, and others who want to make these changes in their community.

Cafeteria Connections

Parent Education and Community Outreach

- We provide parent education workshops to parents/caregivers of children attending Head Start and/or other childcare providers; topics include: food labels; tips for preparing healthy meals; where to purchase affordable and fresh produce; increasing fruits, vegetables, whole grains, and lower fat/salt in the meals of your family; and discussions on promoting healthy eating in preschool children.

Berkeley Unified School District
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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Berkeley Unified School District	3,700	X	X	X	X

Significant Evaluation Results

- Using data from three-day food diaries conducted over two years by the UC Center for Weight and Health for the School Lunch Initiative evaluation, students at *Network* funded schools increased their consumption by three-quarter cups while students at non-*Network* funded school sites reduced their consumption of fruits and vegetables by one-quarter cup. Students at *Network* funded schools also reported eating more fruit both in and out of school and more vegetables during school. The evaluation also found that students who ate school lunch consumed over three times as many vegetables as children who brought lunch from home.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Three day-long trainings for Garden and Cooking Nutrition Education Instructors. Topics include: integrating multiple learning styles into nutrition education lesson planning and developing grade level specific nutrition education teaching strategies for pre-K, K-5, 6-8, and high school garden and cooking nutrition education classes.
- Monthly staff development at nutrition educator staff meetings to support nutrition education lesson planning and resource sharing.

Harvest of the Month

- All garden and cooking nutrition education classes utilize the HOTM curriculum to develop monthly lesson plans.
- Every classroom teacher, Nutrition Services staff, and afterschool staff at *Network* funded school sites receive the HOTM Educator Newsletter.
- As a way to connect with the nutrition education cooking classes, Nutrition Services promotes the HOTM by featuring one recipe taught in the cooking class on the school lunch menu.

- HOTM tastings are provided in both the garden and cooking nutrition education classes.

Nutrition Education and PA in the Classroom (including School Gardens)

- Garden and Cooking Nutrition Education instructors lead one or two hands-on nutrition education classes per month for every student at *Network* funded school sites.
- Staff use the HOTM curriculum along with other *Network* approved curricula to develop hour-long lesson plans that promote the benefits of eating fruits and vegetables and engaging in physical activity.
- Garden and Cooking Nutrition Education staff collaborate with classroom teachers to link the nutrition education in the garden and cooking classes with classroom curriculum.

Nutrition Education and PA *Outside* the Classroom

- Garden and Cooking Nutrition Education staff at *Network* eligible school sites organize two to four nutrition education events per year, providing nutrition education for students and families.

Nutrition Education and PA in Afterschool Programs

- Afterschool programs at *Network* funded schools receive one garden/cooking nutrition education class per week, featuring the HOTM curriculum. The afterschool program uses the CATCH curriculum to integrate with the garden and cooking nutrition education classes.

Youth Development/Empowerment

Cafeteria Connections

- The *Network* Garden and Cooking Nutrition Education program links with Nutrition Services by providing shared HOTM tastings in the classroom and the cafeteria. Each year, Nutrition Services features one recipe per month on the school lunch menu that was cooked in the *Network* cooking classes.

Parent Education and Community Outreach

- Four *Network* eligible schools will be offering a free Parent Nutrition education cooking class series with five classes featuring a different theme for each class.
- After school, evening, and weekend nutrition education events promote the benefits of fresh fruits/vegetables and whole grains.
- Annual parent “Nutrition News” newsletter is distributed to every parent at *Network* funded schools.

Calistoga Joint Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Calistoga Joint Unified School District	840		X	X	X

Significant Evaluation Results

- The Calistoga Community Center invited Calistoga Elementary School to participate in Calistoga Wellness Month for January 2009. The sixth graders created posters on “What Wellness Means to Me”. The posters were on display at the Chamber of Commerce for the event. The posters are now on display in the school cafeteria. A “People’s Choice Award” was given to the top four posters. Sixth graders are very creative and their work is amazing.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Conduct one all staff training session at a facility meeting with the focus on Weekly Time Logs and feedback on nutrition education.
- For each grade level; conduct at least two collaborative team training and information sessions

Harvest of the Month

- Monthly classroom lessons and tasting of the HOTM featured item
- Cafeteria HOTM Bulletin Board Displays changed monthly
- Cafeteria Menu highlights HOTM featured item
- Monthly HOTM handouts supplied to teachers
- Monthly HOTM newsletter in English and Spanish sent home to parents
- Three times a year HOTM tasting featured item in the cafeteria

Nutrition Education and PA in the Classroom (including School Gardens)

- PowerPlay! incorporated in forth and fifth grade classes for Nutrition Education
- Sixth Grade created Nutrition posters for Wellness Month display at the local Chamber
- Dairy Council materials incorporated in Kindergarten, 1st and 2nd classes
- The Food Guide Pyramid incorporated into K–6 classes

- HOTM incorporated into K-6 classes
- Healthy Kids Resource Center Materials incorporated into K-6 classes
- Physical Activity is incorporated daily into K-6 education
- Garden based education conducted by individual teachers
- Hands on Food Safety and cooking with small groups from 2 - 6 grades

Nutrition Education and PA *Outside* the Classroom

- Jog-a-thon for K-6 students in November - healthy snacks oranges and bottled water
- Spring Health fair K-6
- Spring Field Day K-6
- Volunteer work in the school garden with individual classroom teachers

Nutrition Education and PA in Afterschool Programs

- Meetings and training with Coordinator and Teachers of After School Programs to establish curriculum standards for Think Tank, Homework Club, and Boys and Girls Club.
- PowerPlay!, hands on cooking classes and School Garden Projects are scheduled.

Youth Development/Empowerment

Cafeteria Connections

- Work with the Cafeteria Manager as part of a team on HOTM
- HOTM item is featured on the menu
- The Food Service Director has input into the bulletin board display
- We work together to show student's nutrition posters and pictures of students as part of the bulletin board display

Parent Education and Community Outreach

- Booths with materials promoting Nutrition Education and Physical Fitness are set up at Back to School Night, Open House, Farmers Market, Earth Day, and Calistoga's Wellness Festival.
- With the Calistoga Family Center monthly nutrition based cooking classes for parents are held. Hands on cooking features fresh fruits and vegetables. Bilingual recipes and materials are supplied.

Compton Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Compton Unified School District	21,134	X	X	X	X

Significant Evaluation Results

- Teachers reported students making positive choices after an intervention in 8 elementary after-school programs for 3rd – 5th graders, using *Empowering Youth* from the USDA. Following the intervention, most students and teachers requested to continue nutrition education, and more programs asked to participate. Students' pre-test scores were too high to show significant increases in consumption of produce, presumably after several years of *Network* programs. There were positive trends in self-efficacy.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Bi-Monthly trainings using the California Healthy Kids Resource Center – Linking Science and Nutrition with teachers K-8. Teachers will be provided with a binder of lessons from the CHKRC.
- Pre-K and ROP teachers will receive small group instruction on integrating nutrition into the subject areas.

Harvest of the Month

- HOTM will be featured on Monthly NSLP menu on a weekly basis.
- Student Activity sheets will be distributed on second Thursday of the month - using menu slicks.
- Teachers and parents will be provided with monthly newsletters. Taste testing for parents will be offered at monthly cooking classes of the featured HOTM produce.
- Participating teachers and students will receive a taste test of featured produce each month.
- Cafeteria staff will present a cooking demonstration for select students each month.

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers will be sent regular reminders of Dairy Council/HOTM connections
- Worksheets/ HOTM activity pages will be provided using state content standards.
- School sites/Teachers will be able to coordinate with the Master Gardener to create outside classrooms.

Nutrition Education and PA *Outside* the Classroom

- Teachers from grades 4-5 will be provided with the PowerPlay! Campaign program in 20 elementary schools.
- Nutrition Advisory Council will coordinate and provide nutrition activities for the school which will include PA and taste testing.

Nutrition Education and PA in Afterschool Programs

- After-school enrichment includes a cooking class in which the students cook meals from recipes from Get Fresh Cooking, and other *Network* provided cookbooks
- Several programs include gardens where the students grow and cook their fresh harvest.

Youth Development/Empowerment

- Students will participate in Nutrition Advisory Councils. High schools will use outside departments such as nursing, ROP to advocate for school site.

Cafeteria Connections

- The cafeteria will promote the HOTM and provide technical support for cooking demonstrations
- Bulletin boards will feature monthly newsletters, recipes and fun facts about HOTM

Parent Education and Community Outreach

- Parent workshops and cooking classes are provided in collaboration with *INMED Partnership for Children* (also know locally as MotherNet) at two elementary, one middle and one high school.
- Workshops are being offered by FSNEP at several sites.
- Workshops are coordinated through the District Parent Center.

Contra Costa Health Services

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
West Contra Costa Unified School District	200		X		
Mount Diablo Unified School District	100		X		
Antioch Unified School District	50		X		

Significant Evaluation Results

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Approximately 75 after-school staff in West Contra Costa, Mount Diablo, and Antioch Unified School District's will be trained on being effective guides and role models in promoting nutrition education and physical activities to children in the program.

Harvest of the Month

- PowerPlay! will be promoted and shared with at least 75 fourth, fifth, and six grade children in the West Contra Costa Unified School District's after-school program. Activities will include using key components of the PowerPlay! Curriculum. These include, identifying current fruits and vegetable intake and level of physical activity, creating a menu using fruits and vegetables (My Pyramid), demonstrating food portions and size, food demonstrations, and tasting.

Nutrition Education and PA in the Classroom (including School Gardens)

- Local and National resources, such as PowerPlay! , the Dairy Council, and PowerPlay! will be provided to all after-school programs who receive staff development training at their sites. In addition, curriculum and key instructional strategies to incorporate nutrition and physical activities into everyday program will be promoted and distributed to all programs.

Nutrition Education and PA *Outside* the Classroom

- In collaboration with one after-school program in the District, CCHS will provide lead coordination to promote our annual “Spring Into Health” event. The event will provide an opportunity to have all after-school staff and local health programs to promote more fun and playful activities with nutrition and physical activity. Games will include utilizing a large parachute, jump ropes, and hula-hoops. Taste testing of refreshing smoothies and seasonal fruits will also be available for all children participating. Finally, information and a healthy goodie bag will be given to all children who participate in the event.

Nutrition Education and PA in Afterschool Programs

- All program activities mentioned above will work directly with only the after-school programs.

Youth Development/Empowerment

- Key youth development strategies (i.e. positive role modeling, opportunities for skill building, and respect and value for youth) will be emphasized to the after-school staff that participates in the staff development trainings.

Cafeteria Connections

- On-going efforts to provide support with nutritional information and education (i.e. posters, brochures, and flyers) will be given to all food services departments in the districts.

Parent Education and Community Outreach

- Parents whose children attend the after-school program will be given information related to the nutritional classroom activities in West County. Material will be available in English and Spanish.

**CSU Chico-Research Foundation:
Sierra Cascade Nutrition & Activity Consortium (SCNAC)**

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Biggs Unified School District	369		X	X	
Butte County Office of Education – preschool prog.	220	X			
Chico Unified School District	3,755		X	X	X
Colusa Unified School District	747		X	X	
Corning Union Elementary School District	2,058		X	X	
Four Winds Charter School	130		X	X	
Glenn County Office of Educ. – preschool prog.	266	X			
Glenn County Office of Educ. – after school program	770		X		
Gridley Unified School District	1,386		X	X	X
Hamilton Union Elementary School District	813		X	X	
Los Molinos Unified School District	204		X		
Marysville Joint Unified School District	2,044	X	X	X	
Modoc Joint Unified School District	349	X	X		
Orland Joint Unified School District	1,754		X		X
Oroville City Elementary School District	2,124		X	X	
Oroville Union High School District	1,107				X
Palermo Union School District	1,480	X	X	X	
Paradise Unified School district	1,949		X	X	
Red Bluff Union Elementary School District	1,713		X	X	
Red Bluff Joint Union High School District	1,590				X
Scott Valley Unified School District	767	X	X	X	X
Siskiyou County First 5	270	X			
Siskiyou County Office of Educ – after school prog.	500		X		
Tehama Dept of Educ – after school program	1500		X		
Thermalito Union School District	1,551	X	X	X	
Willows Unified School District	1,146		X	X	
Total Students	30,562	X	X	X	X

Significant Evaluation Results

- We utilized the SCNAC eating patterns survey to study the impact of our HOTM program in a pre-post intervention-control study format in two middle schools. Both schools were compared against the same control middle school. We conducted seven tastings of fruits and vegetables and provided educational materials to teachers and parents as well as posted visual education with SCNAC created HOTM posters. At the first target school, intervention students (n=469 matched pre-post) showed a significant change pre to post HOTM intervention using paired t-tests in fruit consumption with a mean increase of 0.3 servings per day ($P=.001$). In addition, White students showed a significant 0.3 increase in vegetable servings the prior day. At the second target school, intervention students (n=263 matched pre-post) showed a significant improvement in their preferences for apples, kiwis, and spinach. When separated by ethnicity, Hmong students showed significant improvement in their preferences for apples, pears, sweet potatoes, oranges, and broccoli compared to White students.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- SCNAC provides numerous mini-trainings for our teachers and administrative staff at our partnering school districts. Topics include HOTM, cooking cart utilization, cafeteria promotions, nutrition decathlons, walking clubs, NAC groups, and many more topics.

Harvest of the Month

- SCNAC provides over 23,000 monthly HOTM tastings to students in the classroom. We also provide HOTM workbooks to teachers at the beginning of the school year. In addition, SCNAC creates HOTM posters and bookmarks. The posters are placed in the cafeteria and school hallways and the bookmarks are either provided to the teacher or the librarian for distribution. We also provide Farmer of the Month newsletters to teachers to help students a closer look at the farm and the farmer that provided their locally grown fruit and/or vegetable for tasting.

Nutrition Education and PA in the Classroom (including School Gardens)

- SCNAC provides cooking cart demonstrations to teachers in their classroom with a recipe for the students to prepare and taste. This helps teachers become more comfortable with the use of the cooking carts.
- We have 'Spring into Action' kits with nutrition based physical activity materials for our teachers to utilize. Our staff provide demonstrations of easy to use activities with these materials that can be done in the classroom or on the playground.

Nutrition Education and PA *Outside* the Classroom

- *Mission Nutrition* is comprised of Chico High School students that perform music and dance based assemblies for K-8 students. These high school students are part of a smaller learning community within the high school and create and perform school presentations that include acting, animations, dance, videos, and music. They entertain, motivate, and model healthy behaviors to children. In addition to school-wide performances, they also interact with K-8 students on a more personal level with visits to the classrooms following their performance. *Mission Nutrition* students divide into teams of two and spend the rest of the school day working with students both in the

classroom and on the playground. They initiate informal facilitated discussions on nutrition and activity messages that were presented during the performance. This personal interaction also allows *Mission Nutrition* members to both evaluate the performance and assess students' response to key nutrition and physical activity messages.

Youth Development/Empowerment

- We have three high schools with active Nutrition Advisory Clubs (NAC) where the students teach their peers and younger students about nutrition and the importance of physical activity.

Cafeteria Connections

- SCNAC promotes Breakfast Week and Lunch Week in coordination with school foodservice staff to promote a healthy breakfast and lunch for students. The Breakfast Week theme last year was “fuel your imagination”. We used space travel as part of the theme and had a door decorating contest for student participation.

Parent Education and Community Outreach

- To reach Spanish-speaking parents of students in one partner site, we collaborate with the Family Resource Centers and the Literacy Centers to provide nutrition and physical activity lessons. They invite our staff once a month to one of their regular sessions which allows for a higher participation rate. Various nutrition and physical activity topics are discussed and many materials from our SCNAC Resource Center are utilized. Parents are very appreciative of the Spanish materials. The parents report using the recipes from the *Network* materials and connecting with other parents to start a walking/exercise group.
- SCNAC offers weekly English as a Second Language parent classes in one of our low-income neighborhoods, which is also a Community of Excellence neighborhood. These are basic English building skill classes that focus on healthy eating, food safety, preparation, and access to healthy foods. We follow the Eating Well, Living Well curriculum and offer 2 to 3 classes a week.
- Cooking classes are designed to help parents prepare wholesome foods quickly and cheaply, for the family. We emphasize vegetable and whole grain preparation, provide recipes, and taste the results.

Del Norte Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Del Norte Unified School District	4,153	X	X	X	X

Significant Evaluation Results

- One highlight was that in both the elementary and high school results we saw an increase in knowledge that was significant and could be attributed to our intervention.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Standard's Based Nutrition Education
- Dairy Council of California
- Children's PowerPlay! Campaign Physical Activity and Retail Training
- HOTM Training

Harvest of the Month

- 10 months of fruits and vegetables are featured throughout the school year
- HOTM Educator and Parent Newsletters to staff and families
- HOTM Menu Slick and Family Newsletter printed on menus
- HOTM Classroom activities - over 140 teachers participate
- Nutrition Educators provide integrated nutrition lessons that link to standards
- School Multipurpose Rooms and Cafeterias decorated with posters and student art
- Local Radio Stations broadcast weekly nutrition tip of the week
- School gardens used as outdoor classrooms linking nutrition

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers and Nutrition Educators use the HOTM Educator's Newsletter as a resource as well as resources found at the Educator's Corner section of the HOTM website. Additionally, educators and teachers utilize educational resources found on the L.A. Collaborative website. Finally a number of other curriculums are used to include: SPARK, USDA/TEAM Nutrition, USDA MyPyramid, CA Dept. of Education Kids Cook Farm Fresh Foods, UC Cooperative Extension TWIGS and Eat Fit, CA

Ag in the Classroom, and Project LEAN.

Nutrition Education and PA *Outside* the Classroom

- Nutrition Educators participate in the following: Fruit and Veggie More Matters Week, International Walk to School Week, California School Garden's Week, School Site Back to School and Open Houses, Special Events such as Dr. Seuss Day, World Day, Fine Arts Day, Field Days, Fruit and Physical Fitness Day at Del Norte High School, Del Norte High School Nutrition Conference, and Nutrition Adventures Day.

Nutrition Education and PA in Afterschool Programs

- Nutrition Educators provide monthly nutrition and physical activity lessons at every after school program. PowerPlay! CYO Curriculum is utilized. Mini Farmer's Markets are conducted with after school students and families featuring HOTM , Staff Development and Training is provided for After School Staff, Project Coordinator attend ASIS monthly meetings. Participated in "Lights On" for After School Program Event.

Youth Development/Empowerment

- High School students in various classes (Health, Physical Education, Intro to Foods and Foreign Languages) act as mentors/cross age tutors and provide nutrition and physical activity lessons to elementary students as well as participate in events such as International Walk to School Day, Nutrition Adventures Day, World Day and Field Days.

Cafeteria Connections

- The Nutrition Program and Food Services collaborate monthly to promote the featured fruit or vegetable on the menu as well as use the menu to publish the HOTM Family Newsletter and Menu Slick. Additionally, posters are hung throughout the cafeterias and multipurpose rooms promoting nutrition. Finally, nutrition assistants promote nutrition and encourage students to eat fruits and vegetables during salad bar times.

Parent Education and Community Outreach

- Connecting with families is a priority with our program. The Nutrition Program actively participates in School Site Councils and school events such as Back to School and Open Houses. The Nutrition Program contributes to school site newsletters to include the HOTM Parent Newsletter as well as nutrition and physical activity articles to be included in school newsletters. The Nutrition Program publishes a quarterly newsletter that is available on the website. The Mini Farmer's Markets connect the HOTM Program with the After School parents and family members. We participate in various community activities and events to include: Farmer's Market, Harvest Festival, Cinco De Mayo Festival, Family and Youth Community Health Fair, Del Norte Child Care Council Providers Conference, Family Resource Center events (Summer Safety Days, Halloween Party, Word Girl Day, and Holiday Healthy Craft Fair).

Downey Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Downey Unified School District	9,000		X	X	X

Significant Evaluation Results

- Downey's end of the year teacher evaluations show students are bringing more fruits and vegetables to school for snacks, taking more fruits and vegetables off the salad bar, and are more enthusiastic about having nutritious foods during classroom parties.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- The teacher training this year will include a HOTM resource training and a training on how to incorporate nutrition into their curriculum.

Harvest of the Month

- Educator newsletter distribution, monthly lesson plans, student workbooks and classroom taste testing
- Cafeteria bulletin boards decorated
- HOTM produce features on monthly menu

Nutrition Education and PA in the Classroom (including School Gardens)

- Nutrition curriculum utilized: CA Dairy Council; Team Nutrition; HOTM workbooks and lesson plans
- Other resources from Neat Solutions, Produce for Better Health & Nasco
- Coordinate nutrition integration directly with physical education teachers

Nutrition Education and PA *Outside* the Classroom

- Farmers in the Classrooms and Chefs in the Classroom
- Food for Thought Assemblies
- Nutrition Murals
- Integration of nutrition during school carnivals/festivals

Nutrition Education and PA in Afterschool Programs

- After school programs have initiated the CATCH program and are provided with additional nutrition lessons to incorporate in the curriculum.

Youth Development/Empowerment

- Older students participate with the younger students during HOTM taste testing to encourage them to try new produce.

Cafeteria Connections

- HOTM produce featured on menu
- Monthly HOTM bulletin board decorations
- Monthly HOTM contests
- Cafeteria staff gives out “Caught Eating Healthy” stickers to those students caught eating all their fruits and vegetables.

Parent Education and Community Outreach

- Family Nutrition Nights
- Parent with CBET parent educators to incorporate the HOTM program in their classrooms
- Incorporate nutrition education during parent meetings with groups such as PTA, ELAC, ESL, etc.

City of Duarte

<http://www.accessduarte.com/ParksAndRecreation/youthhealthychoices.asp>

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Duarte Unified School District	125		X		

Significant Evaluation Results

- Last year the project coordinator received positive feedback from the after-school sites served.
- The Site Coordinators from each site were pleased with the inclusion of nutrition education in their programs and noted the kids enjoyed it as well.
- Staff and students were very happy to hear that our program would be returning the next year.
- Students enjoyed tasting new foods and learning how to prepare healthy recipes at home.
- Students also enjoyed doing indoor and outdoor activities to improve their physical health as seen by their smiles, laughs, and own positive comments (*"that was fun! can we do it again??"*).

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Work with after-schools only.
- No professional development planned for this year.

Harvest of the Month

- As part of the after-school program, HOTM was introduced to the students of the after-school program.
- Lessons on various fruits and vegetables were conducted by the program coordinator and the Teen Nutrition Council (TNC) weekly at the different sites.
- Weekly taste testing.
- Program coordinator provided copies of the parent education letters to classroom program leaders to distribute.

Nutrition Education and PA in the Classroom (including School Gardens)

- After-school program only.

Nutrition Education and PA *Outside* the Classroom

- City of Duarte conducts a weeklong health camp during one of the summer months.
- Program coordinator and TNC conduct nutrition lessons.
- Kids are introduced to various physical activities.
- Program coordinator and TNC hold food demonstrations and taste tests.
- Students attend field trips related to nutrition/PA (i.e. supermarket tours, Body Worlds exhibit, a farm, the Fitness Center).

Nutrition Education and PA in After-school Programs

- The project coordinator maintains close contact with the after-school program staff to ensure their school sites receive adequate and appropriate nutrition education in a timely manner.
- HOTM lessons conducted weekly at the various school sites.
- Utilized SPARK principles monthly.
- Utilized CATCH materials monthly.

Youth Development/Empowerment

- The TNC received training in nutrition, physical activity, and working in the after-school program.
- The TNC assists the program coordinator in the after-school programs.
- The TNC assists the program coordinator in the planning and implementation of the health camps.
- The TNC hosts nutrition education/PA booths at City functions/events (i.e. Summer Concerts in the Park Series, City Picnic, Family Wilderness Day)
- The TNC has been involved in *Network* projects, such as PhotoVoice.
- The TNC have made presentations to City Council, at Commissioners' meeting, and club meetings.

Cafeteria Connections

Parent Education and Community Outreach

- Program coordinator duplicates parent newsletters and provides to after-school staff.
- City of Duarte collaborates with City of Hope to provide parent nutrition classes.
- Parent nutrition classes are 2 hours long and held weekly for 5 consecutive weeks in the beginning of the year.
- Parent nutrition classes are composed of: a lesson on nutrition/PA, physical activity demonstration (i.e. dance), and a food demonstration/taste test.
- Program coordinator orders and provides the Senior Center with information on nutrition/PA to disperse during their monthly food distributions.

East Los Angeles College

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Montebello Unified School District	312		X		X
Los Angeles Unified School District	165		X		X
El Rancho Unified School District	60		X		

Significant Evaluation Results

- Impact evaluation was based on preference and self efficacy of fruits and vegetables for the pre and post test surveys. Results indicated that proportion of the students increased their preference for fruits and vegetables. Results also indicated that there was an increase in self efficacy for choosing fruits and vegetables.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- One 5-hour session of K-5 After School Nutrition Education teacher training for a total of 32 teachers and site assistants.
- One staff training for 60 ELAC Child Development Center 10 teachers and 50 assistants.

Harvest of the Month

- Six HOTM fruits and vegetables will be featured for a minimum of 15 classrooms at Sheridan Street Elementary School.

Nutrition Education and PA in the Classroom (including School Gardens)

- MyPyramid
- Easy Healthy Cooking
- Food Labels Reading
- Incorporating fruits and vegetables into diets
- Disease and Chronic Disease Prevention
- Healthy Snacks and Beverages
- Chef in Classroom
- Demonstration of taste test items
- Pre and Postnatal nutrition education

- Food experiments
- Food groups
- Promotion of physical activity
- Basic nutrition education for pregnant teens, infants and toddlers, and teen parents

Nutrition Education and PA *Outside* the Classroom

- Promotion of Physical Activities outside classroom
- Health Fairs and events
- Field trips to Farmers Market

Nutrition Education and PA in Afterschool Programs

- Journal writing, nutrition literature, music and art
- Demonstration of taste test items
- Food experiments
- Food groups
- Promotion of Physical Activity
- MyPyramid
- Tea Parties
- Food Fairs

Youth Development/Empowerment

- Provide nutrition education information to parents through student; parents will utilize the information provided for implementing healthy lifestyles. Parents will influence others in the communities to adapt healthy lifestyles.

Cafeteria Connections

- Site assistants are cafeteria employees recruited for the K-4 After School Nutrition programs to assist the Program Teachers with taste tests in the classrooms.
- The principals and program staff emphasize healthy eating during nutrition and lunch breaks in the cafeteria.

Parent Education and Community Outreach

- Parent Orientation
- Food Fairs
- Tea Parties
- Health Fairs and Events

Elk Grove Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Elk Grove USD	29,000		X	X	X

Significant Evaluation Results

- One of our Scope of Work activities is for students to make a non-cook recipe using fruits or vegetables one time per school year. The success of the cooking activity inspired us to adjust our HOTM program to incorporate more recipe-based HOTM activities instead of just taste testing and it encouraged us to apply for additional funding in order to offer HOTM to non-FSE students.
- The HOTM program will now focus on not only tasting a fruit or vegetable, but on how to prepare the produce. A parent brought in the different types of squash and the kids had a great time making observations (and *observation* was our vocabulary word this week). As a result of the zucchini, we learned the difference between “summer” and “winter” squash.
- Through Kaiser Permanente, we applied for a Healthy Eating Active Living grant. We received funds to provide produce to 350 additional classrooms for the 2008-2009 school year. The grant will also pay for the duplication of the *Network* HOTM educator and student resources available on the harvestofthemonth.com website. During the 2008-2009 school year, approximately 750 classrooms, equally approximately 17,250 students, (of which 400 classrooms are network funded) will receive produce, educator newsletters and family newsletters in order to increase their knowledge and acceptance of fruits and vegetables.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Conduct annual nutrition education / HOTM workshop for 500 teachers.
- One-on-site teacher training conducted at each of the 12 target sites for 500 teachers.
- Train 250 food service staff on current nutrition topics at the start of the school year.
- Teach Healthy Edge series sponsored by School Nutrition Association to Food Service Employees
- Sponsor “Commit to Fit” physical activity promotion to all Food Service Employees.

Harvest of the Month

- Conduct monthly produce taste testing and cooking activities for a minimum of 650 classrooms each month.
- Provide cooking kits and equipment to all target site classrooms to conduct monthly HOTM activities.
- Provide 8,820 HOTM Student Workbooks for classrooms and website link for non-grant teachers to access workbooks for student use if they choose.
- Send out 13,650 full-color parent newsletters monthly.
- Distribute 650 full-color educator newsletters monthly.
- Provide teacher tip sheet, taste testing forms, recipes and other materials needed for monthly activities to each participating classroom.

Nutrition Education and PA in the Classroom (including School Gardens)

- Nutrition education curriculum provided to 650 classrooms includes Dairy Council, Ag in the Classroom and PowerPlay! .
- PowerPlay! nutrition education curriculum provided to 4th and 5th grade classrooms at all Title I schools.

Nutrition Education and PA *Outside* the Classroom

- Quarterly Jr Chef Cooking Assemblies
- Professor Mimo Kindergarten quarterly nutrition lessons
- Nutrition Olympics for 300-400 4th-6th grade elementary students per year

Nutrition Education and PA in Afterschool Programs

- Train the trainer workshops on nutrition education programs available for after-school
- Pepper Von nutrition and fitness assemblies

Youth Development/Empowerment

- Partner with 10th grade students at Valley High School to sponsor nutrition education activities at school health fair.
- Mentor Valley High Health Tech Academy students with nutrition projects, including population surveys, power point presentations, use of Microsoft Publisher, and video productions on relevant health topics.
- Provide nutrition education activities to middle-school student NAC groups who will produce nutrition posters for school wide exposure.
- Sponsor National Nutrition Month Poster Contest for all elementary schools with HOTM fruit and vegetable theme.
- Sponsor "Healthy Me" video contest for all secondary students.

Cafeteria Connections

- HOTM bulletin displays and posters.
- HOTM back-to-school displays and taste testing at target schools.
- HOTM school year calendar for teachers.

Parent Education and Community Outreach

- Reach 10,000 families quarterly with nutrition brochures and SHAPE newsletters.
- Quarterly Menu newsletters available to all families district wide.
- Train-the-trainer parent presentations twice per year to pre-K parent advisory council members.

El Monte City School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
El Monte City School District	10,000	X	X	X	X

Significant Evaluation Results

- Last year our impact evaluation showed no significant increases for the fruit and vegetables rated for preference. The positive side of this is that on the initial surveys (pre-survey) students already reported they “like it a little” prior to the intervention and therefore, a significant improvement would not be expected on a small number of students. This tells us we are doing a good job of incorporating nutrition into our classrooms and so the impact of our intervention was not as significant as if students would have answered “do not like at all” at the beginning of the year. This current year we are identifying those classrooms that are not currently participating at all in HOTM hoping to find more of a significant outcome.

Key Activities for School Year 2008-2009

Harvest of the Month

- All schools receive monthly newsletters and ideas for integrated nutrition lessons.
- Produce boxes are available for classroom taste testing and activities.
- Guest Chefs teach HOTM nutrition lessons, which include a food demonstration and fruit, vegetable or recipe taste testing.
- HOTM bulletin boards are posted in each school's cafeteria.

Nutrition Education and PA in the Classroom (including School Gardens)

- Guest nutrition education visits are made to the classroom
- HOTM workbooks are distributed throughout district to reinforce HOTM message
- Taste testing materials provided for teachers to conduct nutrition education lessons.

Nutrition Education and PA *Outside* the Classroom

Fear Factor Food Challenge

- As an assembly, 2-3 students from each 4th, 5th, and 6th grade class volunteer to eat 6-9 unusual fruits and vegetable on stage in front of student body peers.
- During lunch all 4th, 5th, and 6th grade students have an opportunity to win a T-shirt. They must eat 5 of the 6-9 fruit and vegetables.

Caught Eating Good

- Tickets are given for eating fruit and vegetables during lunch.
- Each Friday, tickets are drawn for nutrition education reinforcement items.
- The campaign ends with a healthy party for the class that eats the most fruits and vegetables.

Nutrition Expo

- June: An all day event held at a local park with 8 different nutrition and physical activity stations for 7th grade students.

Nutrition Education and PA in Afterschool Programs

- NAC meet monthly at 6 different school sites to learn about nutrition and PA and how to share it with other students through Aspire after school program.
- Aspire After School staff attended a nutrition education training on how to implement nutrition education in after school program

Youth Development/Empowerment

- NAC program empowers students by learning about nutrition and sharing the information in a variety of settings (i.e. presentations to teachers, other students, parents etc.)

Cafeteria Connections

- HOTM posters are posted at all cafeterias to promote the featured produce

Parent Education and Community Outreach

- Culturally appropriate nutrition education for parents (in English and Spanish)
- Parent involvement and feedback on *Network* program activities
- Classes focusing on empowerment techniques

Fresno County Office of Education

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Burrel Elementary	109		X		
Caruthers Elementary	880		X		
Central Unified School District	2,000		X		
Kings Canyon Unified School District	1,875		X		
Sanger Unified School District	2,427		X		
Washington Colony Unified School District	425		X		

Significant Evaluation Results

- The Making a Difference (M.A.D.) Crew of Houghton-Kearney Elementary took on the responsibility of running the Healthy Student Store during Fun Fitness Fridays. The students started with creating Tiger Bucks (faux monetary reward for positive behaviors). Each teacher was given a certain amount of Tiger Bucks to distribute to students as healthy rewards. On Fridays students were allowed to spend their Tiger Bucks at the Healthy Student Store. Items at the store consisted of various NERI, none of which was FOOD.
- The M.A.D. Crew was also responsible for handling Tiger Bucks, receiving inventory, managing the input and output of inventory, and preparing booth schedules. Not only was the message of healthy behaviors being spread amongst the school, but these students were enabled to gain new life-time skills.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- MyPyramid training.
- Science and Nutrition Linkages training.
- PA training using CATCH materials.
- Nutrition Education using Dairy Council Materials..

Harvest of the Month

- Monthly taste testing in the classroom with featured item included on school menu.
- Utilizing only locally grown produce.
- Partnerships with local packing house, Farm Bureau and produce commissions.
- Additional monthly resources for teachers and staff on featured produce.

Nutrition Education and PA in the Classroom (including School Gardens)

- Provide information on strategies teachers use and identify key curriculum and instructional resources, such as PowerPlay!

Nutrition Education and PA *Outside* the Classroom

- Fresno County Farm and Nutrition Day – 2,000 3rd graders.
- FCOE Pentathlon Adventure – 5-8th grade students competing in an Olympics-style event based on Fitness Gram standards and nutrition.
- Scout Island Adventure Challenge – high school extreme sports event with 40 teams.
- Walk to School events.

Nutrition Education and PA in Afterschool Programs

- Staff Development training on nutrition education and PA by FCOE staff, attend monthly Afterschool Site Coordinator meetings, cooking in the classroom, and HOTM at our school sites.

Youth Development/Empowerment

- NAC groups at school sites.
- FCOE Mid Year Youth Conference focusing on Youth Development and Leadership with breakout sessions taught by our staff.

Cafeteria Connections

- Harvest of the Month posters.
- “Lucky Tray Day” to encourage school meal participation.
- Participation in National School Breakfast Week.
- Student-created posters.
- Farmers markets in cafeterias.

Parent Education and Community Outreach

- Health fairs.
- Partnership with the food bank to provide food to families at our school sites.
- Walk to School Community event with over 1,000 participants.

Fresno Unified School District

<http://www.fresno.k12.ca.us/divdept/careers/nutritiongrants.html>

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Fresno Unified School District	13,500	X	X	X	X

Significant Evaluation Results

- There was an increase in the number of times students ate nutritious foods. The increase ranges from .89 times for vegetables to 1.28 times for drinking fruit juice choices. Data was gathered using the California Healthy Kids Survey.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Staff meets monthly. At each monthly meeting training is provided by District staff related to HOTM, specific nutrition events, Food Service policies and procedures, and nutrition education peer-to-peer sharing and discussion opportunities.

Harvest of the Month

- HOTM newsletters and lessons are used in our Foods and Nutrition Education classes as part of their instructional activities. Students take home HOTM newsletters to share at home with parents and siblings. The HOTM web site is accessed by staff and students as a resource tool.

Nutrition Education and PA in the Classroom (including School Gardens)

- Network* staff has been trained in Marzano Instructional strategies and adapt their instruction to optimize learning for all students. When appropriate, students are given opportunities to apply what they have learned in a project based format. Teachers are provided with curriculum resources from Children's PowerPlay!, I Care and I Count, HOTM, Champions for Change, California Food Guide, MyPyramid, Network Toolbox for Community Educators, California Healthy Kids Resource Center Web Site, FSNE-SNAP-Ed for recipe connections, Fruits and Veggies-More Matters, and the ServSafe Employee Guide curriculum.

Nutrition Education and PA *Outside* the Classroom

- Student nutrition advocates provide educational opportunities outside the classroom through their participation in school events during lunch, after school, at community events, and during evening activities for students, the public, and families. Students set up booths, provide demonstration lessons, conduct taste testing, and offer their assistance to support nutrition education.

Nutrition Education and PA in Afterschool Programs

- Currently our Scope of Work does not cover afterschool programs, however student advocates are often involved with programs and have met during afterschool sessions to share information and provide taste testing activities to students enrolled in the programs.

Youth Development/Empowerment

- Student Nutrition Advocates at the school sites share nutrition lessons with pre-school and elementary students. Student Advocate teams work together to develop lessons, learn new material, and present lessons developed to small groups and classrooms of younger students. Many advocates participate in community events and school activities sharing information with the intent of increasing public awareness of appropriate nutritional choices.

Cafeteria Connections

- Site staff and student advocates take advantage of cafeteria personnel to keep them informed of District policy and procedures related to food safety and handling. Cafeteria personnel offer tours of their facilities and share information with site staff. Student advocates often display nutrition bulletin boards in the cafeteria for maximum exposure of appropriate nutrition messages.

Parent Education and Community Outreach

- Our programs focus in Elementary, Middle School, and High School student education. Students take home a parent newsletter, prepare nutritious menu items at home that were introduced in Foods and Nutrition Education classes, share recipes, and conduct food tastings at schools events where parents are invited.

Greenfield Union School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Greenfield Union School District	7,585	X	X	X	X

Significant Evaluation Results

- We did a six session cooking class for kids 9-11 years old. The class was a great success because kids learned to cook and continued cooking at home. Parents said that kids would volunteer to cook dinner. I think this class was also a success because it promoted families eating at home instead of eating out. I think these children will grow up and continue cooking at home and some day they will pass their skills on to their own children.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Nutrition education will be provided to 4th and 5th grade teachers in two school sites on the use of HOTM lessons. Nutrition education will also be provided to noon aides in eleven school sites to better promote nutrition and physical education activities outside of the classroom. Two hours of nutrition education will be provided to after school staff using My Pyramid, and Nutrition Olympics Lessons and taste testing of a fruit or vegetable, to promote nutrition education activities in the after school program.

Harvest of the Month

- 4th and 5th grade teachers and students at two school sites will be provided with HOTM nutrition education.

Nutrition Education and PA in the Classroom (including School Gardens)

- Nutrition education and PA promotion will be provided to 7,500 K-6 students in eleven school sites Using My Pyramid Poster, PowerPlay!, Dairy Council, Exploring My Pyramid for Kids, and Nutrition to grow on. Gardening lessons are provided at one school site using the Twigs curriculum, in the after school program.

Nutrition Education and PA *Outside* the Classroom

- Nutrition education information with taste testing is provided to parents at Greenfield Walking Club, Parenting classes, Health & Safety Fair and back to school nights. Cooperative Extension of Kern County comes in to present a seven week training on nutrition education and physical activity promotion for adults in our community.

Nutrition Education and PA in Afterschool Programs

- Nutrition Education with PA promotion is provided to 1,600 k-6 students in the after school program using Science and Nutrition Links Lessons.

Youth Development/Empowerment

- The cooking class for students 9-11 has motivated and empowered students to eat healthier by preparing healthy meals at home with their parents. The day of the last cooking class consisted of students inviting their parents to taste recipes that students prepared in prior classes and practice sitting down at the dinner table together and having a conversation using conversation starter cards to assist them. This empowered students to communicate with their parents and build stronger relationships with each other. The Pier Helper students of Mckee Middle are provided with nutrition/cooking lessons to empower them to promote healthy eating habits to their peers since they are school leaders.

Cafeteria Connections

- A Healthy eating /PA promotion poster contest is conducted at a different school site each year. Fourth and fifth grade students enter a poster per class, which is posted in the cafeteria with the cafeteria staff as judges of the poster contest. The cafeteria staff is provided with Nutrition/PA promotion posters to hang in the cafeteria. The winning class has their poster printed on a book mark for all the 4th and 5th grade students to have and be reminded to eat healthier. They also win a Healthy pizza making party for their class.

Parent Education and Community Outreach

- At least four parenting classes are conducted by nutrition educators sometimes in the evening, and sometimes during the day to be able to reach community members when it is more convenient for them. As stated prior, adults also have the opportunity to attend the 7 week Nutrition Education and taste testing class presented by Cooperative Extension of Kern County held at our office (Greenfield Family Resource Center) up three times per year. A Health and Safety fair is held each year in the spring with community booths providing health information. Information booths are set up at all school sites with information on Nutrition and physical activities during back to school nights. A district walk is also held prior to the Health and Safety Fair in which community members walk from school to school and taste test fruits and veggies at each stop and receive nutrition information.

Hawthorne School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Hawthorne	9,500	X	X	X	X

Significant Evaluation Results

- Impact evaluation showed increases in nutrition knowledge of nutrition concepts at all schools tested; schools had increases in preference for some fruits and vegetables; teachers report using the HOTM materials with success.
- Parents report using the techniques taught in adult classes with success.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Nutrition in the Garden: includes nutrition education in the garden while planting, maintaining, and harvesting a school garden; soil and other materials paid for by the district's Education Foundation.
- HOTM Big Books: training provided to pre-K and K teachers on use of the HOTM Big Books and while conducting HOTM taste testing.
- Open Court Nutrition: this training will orient teachers to using a new resource, the Open Court Nutrition (OCN) program, which is currently in the approval process.
- After school program: expanding this year, and will include weekly nutrition lessons provided to 1200 students at 11 schools.
- Additional training for school site counselors, health clerks, principals, and administrators; teachers receive nutrition/PA training from CATCH.

Harvest of the Month

- Teachers receive monthly HOTM newsletters and "Page-a-Day" Calendar, worksheets, and lesson plans.
- Students receive grade-specific HOTM workbook and Monthly taste-testing in the classroom; guest speaking engagements to introduce/model nutrition concepts
- Food service promotes HOTM produce on the school lunch menu.
- Article featuring the HOTM produce is published in the community newspaper.
- Parents received HOTM parent newsletter and taste tests.

Nutrition Education and PA in the Classroom (including School Gardens)

- Monthly taste-testing in the classroom
- Guest speaking engagements to introduce/model nutrition concepts related to MyPyramid
- Resources provided for Nutrition in the Garden (see professional development)
- Teachers were provided with nutrition lesson plans based on the district adopted language arts curriculum (Open Court) and food group-based materials
- PowerPlay! materials provided for 4th and 5th grade teachers
- Dairy Council of California materials provided at all applicable grade levels

Nutrition Education and PA *Outside* the Classroom

- Monthly lessons for parents (see Parent Education below)
- Family Nutrition Nights, Back to School Night, Literacy Night, Math Night, Walk to School Day, Healthy Hawthorne 5K Run & Walk, and Books and BBQ

Nutrition Education and PA in Afterschool Programs

- Expanded partnership with after school program to include one nutrition lesson each week at all 11 schools.
- We provide training, materials, equipment and lessons; they provide additional storage for food, time, and commitment.

Youth Development/Empowerment

- Candy monster promotion in October connected students with US troops serving overseas in Iraq and Kuwait; donated candy was sent to troops during the holidays.
- Lunch bunch: meets weekly at a MS during lunch to discuss nutrition and how they can impact the campus nutrition environment.
- 2008-09 impact evaluation includes MS students advocating for their peers to eat breakfast daily and to eat fruits and vegetables as snacks during the school day.

Cafeteria Connections

- The child nutrition staff is an integral part of our HOTM program, helping to deliver produce to nearly 350 classrooms every month.
- The HOTM program is promoted on the student menu.

Parent Education and Community Outreach

- Parent lessons: Children and weight, label reading, portion sizes, making fast food healthy, your child's environment
- Partnership with school-level (ELAC) and district-level (DELAC) parent leadership groups
- Many community partners attend our events.

Media Outreach

- Bi-Monthly PSAs produced and aired locally; available via Podcast
- Articles in local newspaper, district newsletter, school-wide announcements
- Comprehensive searchable web site.

Huntington Beach Union High School District

<http://www.hbuhsd.k12.ca.us/Food-Nutrition/default.htm>

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
HBUHSD – Westminster High School	2700				X
Westminster School District	6980	X	X	X	
Ocean View School District	1995	X	X		
Total Students Served	11,675				

Significant Evaluation Results

- As a result of the HOTM program, teachers have commented on the excitement the children express after doing classroom taste-testing each month. They have told stories of how the children come back to school and share how they eat certain fruits or vegetables at home. They have also observed the children choosing more fruits and vegetables from the salad bar in the cafeterias. During parent meetings, parents report their children are requesting and eating more fruits and vegetables at home and that they enjoy sharing information from the HOTM newsletters they receive.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Four teacher trainings will be conducted this year. Trainings include: our Program Overview, the Foundation of Nutrition, the HOTM training, and grade specific nutrition education materials (Team Nutrition MyPyramid for Kids).

Harvest of the Month

- Teachers and parents receive monthly newsletters at the high school, intermediate school, and elementary schools.
- Taste testing and education on the featured fruit/vegetable is conducted in the classrooms.
- Westminster High School conducts HOTM student pop-up and taste test through their home room classes.

Nutrition Education and PA in the Classroom (including School Gardens)

- Provide nutrition presentations to students in health, history, English, reading, science, singles living, health academy, special education, foreign languages, foods and physical education classes at the high school.

- Provide nutrition education at the elementary / intermediate schools with topics including MyPyramid, the benefits of physical activity, and the importance of breakfast.
- Provide Chef in the Classroom to elementary and intermediate schools.
- Provide reference notebook to high school freshman English teachers as a tool for students to write research papers on various topics of nutrition.
- Participate in Healthy Steps for Living campaign in collaboration with PowerPlay!.

Nutrition Education and PA *Outside* the Classroom

- Provide Nutrition Olympics events to elementary schools. This event includes nutrition education along with physical activity.
- Conduct a Sports Nutrition Workshop at the high school for athletes from all sports. The workshop includes a lesson on sports nutrition, activity stations, and a showcase and sampling of healthy foods.
- NAC students conduct physical activities and nutrition education; for example a tennis tournament with a lesson on the importance of hydration during physical activity.
- Conduct annual Cook Challenge at the high school featuring the HOTM fruit or vegetable. This year the challenge was to create a tasty dish with spaghetti squash. The event included 6 teams with 3 participants/team.
- Participate in the health academy blood drive educating on high iron foods and Vitamin C.
- Conduct Kid Tribe Hula Hoop assemblies at elementary and intermediate schools.
- Participate in The Dairy Council's Mobile Dairy Classroom at all elementary schools.

Nutrition Education and PA in Afterschool Programs

- Provide HOTM taste tests to all after school programs.
- Provide nutrition education materials and lessons to the after school program leaders. Lessons include the HOTM training, MyPyramid training, and PowerPlay!
- Deal Me In.

Youth Development/Empowerment

- High School NAC students are involved with elementary after school programs.
- NAC students at all schools are proactive in helping cafeteria staff periodically choose new food items.
- Participate in Girl Power, a youth empowerment program for middle school girls to learn new skills and to learn about possible professions.

Cafeteria Connections

- Cafeteria includes featured HOTM item on their menu several times a month.
- WSD also conducts a HOTM taste test in the cafeteria once a month.

Parent Education and Community Outreach

- Provide parent classes through Title 1 at the High School and through the principals at the elementary/intermediate schools. Topics include: Providing Healthy Snacks, The Importance of Breakfast, and Good Nutrition on a Budget.
- Participate in Health Fairs to encourage increased fruit and vegetable consumption.
- NAC students participate in the Westminster - Founders Day Parade.
- Write articles for the School News, the Principals newsletter, and the Poppy Seed.

Humboldt County Office of Education

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Arcata School District	400		X		
Blue Lake Union School District	100		X		
Bridgeville School District	50		X		
Eureka City Schools	815		X		
Fortuna Union Elementary School District	450		X	X	
Humboldt County Office of Education	125	X	X	X	
Klamath-Trinity Joint Unified School District	75		X		
Loleta Union School District	75		X		
Maple Creek School District	10		X	X	
McKinleyville Union School District	380		X		
Orick School District	25		X		
Pacific Union School District	40		X	X	
Peninsula Union School District	20		X		
Rio Dell School District	120		X		
South Bay Union School District	380		X		
Southern Humboldt Unified School District	410		X		
Trinidad Union School District	150		X		

Significant Evaluation Results

- One success comes from anecdotal evidence and is related to the increased number of e-mails, phone calls, and comments received from parents regarding the HOTM program. For example, one mom e-mailed our program from her work asking if we could share which fruit/vegetable was being highlighted in the HOTM program the following month. She shared how excited her daughter is about the program and “wanted to be in the know” regarding upcoming fruits/vegetables. Another parent called our program office inquiring as to what type of mandarins we featured and where she could purchase them.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Three to four professional development opportunities held for special education staff to allow for ongoing program updates, resource sharing, modeling of curriculum and recipes, monitoring activities, and networking.
- Quarterly meetings held with lead teacher for ongoing program updates, soliciting feedback, modeling nutrition education activities, curriculum, and networking.
- HOTM orientation/kick-off held with K-8 grade teachers utilizing HOTM training materials.

Harvest of the Month

- Special education and K-8 teachers receive monthly educator packet including newsletter, trivia, and children's storybook.
- HOTM student workbooks utilized for K-4.
- HOTM Big Books utilized for special education and preschool classrooms.
- Taste-testing is done in the classroom using featured produce.
- Parent newsletter distributed to interested school sites.

Nutrition Education and PA in the Classroom (including School Gardens)

- Beyond HOTM, classroom-based nutrition education and physical activity promotion take place in connection with common events/activities currently taking place in the classroom including: Halloween, 12 Days of Fitness, Chinese New Year, Valentine's Day, Cinco de Mayo, Mileage Club, and Humboldt County Farm Walkabout.

Nutrition Education and PA *Outside* the Classroom

- School-wide events include Back to School and Open House nights, Nutrition and Wellness Fairs, Lion Loops (physical activity promotion), Exploration Day.

Nutrition Education and PA in Afterschool Programs

- Participate in monthly county-wide AfterSchool *Network* meetings to distribute HOTM materials and model taste-testing/nutrition education activity.
- Ten afterschool programs implement HOTM activities on a monthly basis.

Youth Development/Empowerment

Cafeteria Connections

Parent Education and Community Outreach

- Three parent/child cooking classes take place during the year through a partnership with the Northcoast Cooperative where the focus is on nutrition education and featured HOTM produce.
- Community Events include Week of the Young Child activities, monthly article in local paper featuring HOTM produce, and nutrition education conducted at local Playgroups.

Kern County Superintendent of Schools

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Standard School District	776	X	X		
Beardsley School District	880	X			

Significant Evaluation Results

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Provide eight trainings among the three school districts on Nutrition Basics to teach integrated nutrition education and physical activity promotions in the classroom.
- Provide a minimum of eight trainings among the three districts for teachers and aides on Nutrition Basics.

Harvest of the Month

- Provide taste testing at least once a month in the classroom and cafeteria to introduce fruits and vegetables and teach food safety. Classrooms will have access to a cooking cart and the support of a nutrition consultant to help utilize recipes from the provided HOTM Teacher Newsletter and to conduct approved taste tests each month.

Nutrition Education and PA in the Classroom (including School Gardens)

- Nutrition education taught in KCSOS preschools and Standard and Beardsley School Districts, with Nutrition Consultants available to model and assist lessons for teachers.

Nutrition Education and PA *Outside* the Classroom

- Preschool plans to have a farmers market.

Nutrition Education and PA in Afterschool Programs

Youth Development/Empowerment

Cafeteria Connections

- Posters will be placed in cafeterias detailing information on nutritious foods and appropriate portion sizes.
- Menu slicks will be utilized from HOTM in English and Spanish.

Parent Education and Community Outreach

- Parent education regarding nutrition at school events.
- Monthly HOTM newsletters are sent home in English and Spanish.

Kernville Union School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Kernville Union School District	900	X	X	X	

Significant Evaluation Results

- We had several kindergartners that tried green beans more than once and decided that they liked them after all. We are always thrilled to have students display a willingness to sample fruits/vegetables that they previously disliked.
- Annual evaluation showed a statistically significant increase in knowledge and self-efficacy for students receiving consistent nutrition education and HOTM intervention in our after school programs.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- After School Nutrition Educators are provided with a minimum of two trainings during the school year.
- Certificated staff participates in an in-service featuring nutrition education materials and curriculum at the beginning of each school year.
- All nutrition education staff is provided with HOTM Educator newsletters.

Harvest of the Month

- Taste testing activities
- Cooking/recipes using featured f/v in the after school program
- Educator Newsletters used by Nutrition Educators in the after school program
- Annual Nutrition Olympics featuring HOTM produce
- Posters displayed and featured produce served in cafeteria lunch

Nutrition Education and PA in the Classroom (including School Gardens)

- Nutrition Educators use Dairy Council curriculum (Happy Healthy Me, Nutrition Pathfinders, Exercise Your Options, Deal Me In)
- HOTM lessons/activity sheets
- PowerPlay!

- EFNEP materials (TWIGS, Reading Across MyPyramid)
- Outdoor activities/games revolve around nutrition education/promotion

Nutrition Education and PA *Outside* the Classroom

- Annual Nutrition Olympics conducted at local community park
- Special events conducted in the evening with after school student parents
- Nutrition education and PA promotion at Back to School and Open House Nights
- Annual visit to high school agricultural farm for primary and preschool students
- Annual field trips to Murray Family Farms in Bakersfield

Nutrition Education and PA in Afterschool Programs

- We have complete input into our After School Programs and fund nutrition educators at three school sites.
- We provide curriculum, *Network* resources, trainings, and support to three After School Programs.

Youth Development/Empowerment

- The School Wellness Committee has student members that bring the student population perspective into the group.
- The After School Programs conduct field trips to Murray Family Farms in Bakersfield and uses the older students as 'buddies' for the younger ones.
- Wallace Middle School conducts a Leadership class where the students are involved in community outreach activities.

Cafeteria Connections

- We have nutrition/PA education and promotion posters on display in school cafeterias.
- We encourage child nutrition staff to attend SHAPE meetings, and utilize *Network* resources.

Parent Education and Community Outreach

- We conduct a series of five 1.5 hour classes with hands-on participation focusing on topics including heart health, nutritious cooking on a fixed budget/income, and physical activity.
- We sponsor 2 community health fairs in April and September providing nutrition and physical activity education and promotion.
- We conduct an annual Nutrition Olympics for students, parents, and community.
- We distribute nutrition education/pa promotion materials at Back to School and Open House nights.
- We distribute monthly newsletters featuring nutrition information and physical activity promotion to all classrooms, KUSD staff and throughout the Kern River Valley community.
- We distribute HOTM newsletters to all KUSD staff and students and conduct HOTM taste testing at community health fairs.

Lamont Elementary School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Lamont Elementary School District	920	X	X	X	

Significant Evaluation Results

- One of the moms said her children would never eat vegetables, then tried the recipes we taught in the classes. She was very surprised to see her son eating the veggie wrap and asking for more. Since then, she was able to get him to try other veggies and recipes and he was now eating vegetables frequently.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Four teacher trainings are planned for this year. At the beginning of the school year teachers and ASP staff were trained on SPARK activities and lessons. The next training was for preschool teachers; they were trained on Happy Healthy Me by UC Cooperative Extension. Dairy Council is scheduled to come provide training for the Afterschool Program nutrition educators. In March, we are also planning training on PowerPlay! for the grade 4-5 teachers.

Harvest of the Month

- Seventeen teachers have signed up for HOTM; they receive the educator newsletter and produce once a month.

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers have been trained on SPARK activities; there are three small gardens in the district at three different schools. The teachers at Myrtle Avenue School receive training and lessons for PowerPlay! in March. The PE teachers at the middle school used the EAT Fit lessons at the beginning of the school year and provided those lessons to all of the students at Mt. View Middle School.

Nutrition Education and PA *Outside* the Classroom

- The youth team SASH (Stay Alive and Stay Healthy) promoted good nutrition and PA during one of their assemblies in December. They have also done some fundraising by selling fruit cups and veggie cups and letting students know why those items are a better choice as a snack.

Nutrition Education and PA in Afterschool Programs

- We have nutrition educators at each of the schools that teach during the ASP. Age appropriate lessons from MyPyramid at each of the school site are used. For grades K-3, they are also using Reading Across MyPyramid; for grades 4-6, they are using PowerPlay!; and for grades 7-8, the extension lessons from Eat Fit and Powermid.

Youth Development/Empowerment

- SASH has been very active with a local food pantry, they have volunteered to help out at the pantry once a month, provide a recipe demonstration and hand out nutrition education materials. They have demonstrated recipes using the cookbooks and recipe cards provided by the *Network*.

Cafeteria Connections

- The food service director is helping us promote healthy eating by adding nutrition education messages to her menus and by helping us highlight the HOTM. She has added the MyPyramid.gov link to the nutrition page of the district web site.

Parent Education and Community Outreach

- At least twice a year we provide nutrition classes to adults at the Family Resource Center or the Parent Center. These classes are offered to all community members.
- Lessons for adult classes used in the past were provided by the UC Cooperative Extension EFNEP program and from the Latino Community Toolbox. This year we are going to use the Feeding Your Family handouts and lessons. Classes are offered in six sessions lasting one hour per session, with one session per week. Participants seem to enjoy cooking different recipes from the cookbooks provided by the *Network*.
- Community outreach is done by providing information booths at local Health Fairs, the Harvest Festival, Parent Nights at the schools and kindergarten registration days. The Family Resource Center also has a lobby where we place informational brochures and fliers regarding classes and activities.

Long Beach Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Long Beach Unified School District	45,000	X	X	X	X

Significant Evaluation Results

- Significant change in consumption and outcome expectations among students who participated in school site Nutrition Advisory Councils

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Train 350+ elementary teachers (1) basic nutrition, (2) integration into core language arts, (3) cooking in the classroom, (4) gardening and nutrition, (5) nutrition activities
- Train 50+ middle and high school Health Education and Physical Education teachers in providing nutrition content and skills and assessing student learning
- Provide teachers with many instructional resources to support their instruction; additional resources provided when evaluation documentation is submitted
- 3500 K-5, Middle, and High School Health and Physical Education teachers receive "Food for Thought" newsletters every other month

Harvest of the Month

- Librarian and/or classroom teachers provide a lesson for Kinder, 1st and 2nd grade that features HOTM fruit or vegetable, children's book, and taste-testing in 39 schools
- HOTM newsletter used with the 39 schools

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers utilize MyPyramid.gov, Team Nutrition, Dairy Council of California, PowerPlay!, and instructional materials provided in trainings
- Teachers also utilize adopted textbooks
- All nutrition education based on the CA Health Education Content Standards
- Instruction connected to English Language Arts, Science, Math, Social Science, as appropriate

- Physical Activity promoted through the Physical Education program
- All Physical Education based on the CA Physical Education Standards

Nutrition Education and PA *Outside* the Classroom

- Two assemblies by Southland Opera for 4th/5th grades supplement teacher instruction
- Nutrition Advisory Councils in 29 elementary schools
- Physical Activity promoted through the after-school and recreation programs

Nutrition Education and PA in Afterschool Programs

- Train 100+ after-school and recreation staff in (1) basic nutrition, (2) integration into after-school and recreation program
- Provide nutrition education materials to parents of students participating in after-school and recreation programs

Youth Development/Empowerment

- All youth are encouraged to build relationships with others, learn new skills, and give back to the community through a variety of nutrition education activities
- Skill-building is a focus of all Health Education efforts
- Service Learning activities occur at all sites, elementary through high school (a graduation requirement)

Cafeteria Connections

- Teachers utilize school menus as an instructional tool and encourage students to try menu items and select a variety of foods
- Nutrition messages and posters decorate the food serving area
- Some sites post nutrition messages in the eating area
- Teachers and librarians collaborate with Child Nutrition staff to provide taste testing

Parent Education and Community Outreach

- Train 350+ parents on Basic Nutrition, Food Safety and Sanitation, Food Label Reading
- Provide nutrition information at Back to School Night, Public Schools Week, school carnivals and health fairs
- Provide nutrition education information/promotion of Walk to School, Spring Into Health, TV Turnoff Week, National Nutrition Month, Steps to Healthy Living
- Participation in local and regional collaborative

Los Angeles Trade Technical College

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Lawndale Elementary School District	6,240	X	X	X	
The Accelerated School	780	X	X		
LA Leadership Academy	200			X	
LA Trade Tech Child Development Center	100	X			

Significant Evaluation Results

After a two month intervention period, there was a significant increase in student estimated vegetable consumption by parents ($p = 0.043$), healthy outcome expectations for eating fruits and vegetables ($p = 0.01$), teacher encouragement ($p = 0.026$) and consumption of vegetables ($p = 0.03$) and 100% fruit juice ($p = 0.03$). The increase in vegetable consumption by parents and students is consistent with the featured HOTM vegetables during the intervention period, spinach and broccoli. The significant increase in vegetable consumption indicates that additional nutrition education in the classroom can affect the dietary habits of California students. The results of this study highlight the importance of providing teachers with HOTM support materials and trainings in order to make sure the program is effectively implemented.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- *Harvest of the Month Extravaganza* training for preschool and elementary teachers: teachers rotate to three interactive booths related to activities in the Educator newsletter- Taste Testing; Cooking in the Classroom; Curriculum Links and/or Physical Activity
- *Lunch & Learns*: 15-20 minute hands-on cooking activities linked to HOTM and healthy classroom recipes during the lunch period
- Food service staff is trained in how to prepare the HOTM recipe and nutrition information about the featured produce.
- Afterschool staff are also trained in preparing the HOTM recipe and nutrition information about the featured produce. Once trained, they are able to conduct the activity in their cooking classes.

Harvest of the Month

- Classroom HOTM taste tests are delivered to approximately 300 classrooms.
- Family and educator newsletters are distributed monthly
- Each school site receives HOTM storybooks, Big Books, and a binder of HOTM supplemental worksheets placed near the copier. Teachers make copies as needed.
- LATTC develops HOTM supplemental worksheets that coincide with the Educator newsletter.

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers sign up to receive nutrition education workshops in their classroom. Once the lesson is modeled, teachers are able to conduct the workshop and follow-up lessons.
- Nutrition and PA presentations during PE at middle school sites (*Nutrition for Active Teens, Staying Active in the Summer, Portion distortion*). Group size: 150-200 students per presentation
- Chef in the Classroom

Nutrition Education and PA *Outside* the Classroom

- School-wide holiday events focused on holiday celebration alternatives
- Family Nutrition Nights
- Cooking Classes
- Wellness Policy committee involvement

Nutrition Education and PA in Afterschool Programs

- Afterschool staff trained in nutrition and fun physical activity strategies.
- Guide the afterschool program in putting together a *Family Nutrition Fair*.
- Afterschool students decorate the cafeteria in concert with the HOTM featured produce

Youth Development/Empowerment

- Collaborate with Healthy Eating Active Communities (HEAC), and Youth Activism Against Obesity (YAAO) at The Accelerated School (TAS) to empower youth and parents to change school wide policies surrounding nutrition and physical activity.
- Collaborate with LESD's leadership students to advocate for healthier cafeteria options and fundraising options.

Cafeteria Connections

- Cafeteria features the HOTM produce item every 1st and 3rd Tuesday of the month (once as the whole produce, and once as the recipe featured in either the family or educator newsletter). The board receives a taste test every month.
- Food service pays for printing of educator and family newsletters; for employees to attend our HOTM trainings; and the ingredients used during the training.

Parent Education and Community Outreach

- Nutrition and physical activity workshops for: preschool parents, elementary school parent groups, middle school mother/daughter groups, parent groups organized by LA's Best at TAS, parent groups organized by Youth Policy Institute (YPI) at LA Leadership Academy.

Los Angeles County Office of Education

<http://www.lacoe.edu/orgs/314/index.cfm>

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Glendale Unified School District	4,253		X		
Inglewood Unified School District	2,985		X		
LACOE Educational Programs	2,615		X	X	X
Redondo Beach Unified School District	366	X			
Rowland Unified School District	11,855		X	X	X
San Gabriel Unified School District	2,458		X	X	X

Significant Evaluation Results

- Overall student nutrition knowledge increased at participating sites as a result of the various nutrition education interventions implemented. Overall feedback from teachers and administrators are positive. The teachers enjoy participating in the HOTM Program and appreciate receiving supplemental nutrition education materials that are linked to the California core content standards.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- The LACOE Coalition continues to support student achievement by promoting proper nutrition and adequate physical activity. The LACOE Coalition serves six districts and 585 teachers, 110 food service workers, 38 nurses, and 85 administrators and support staff. Topics include connecting nutrition education activities to the California Health Education Content Standards, using USDA funds to expand nutrition education and physical activity promotion. Other topics include USDA contract requirements, benefits of nutrition and academic performance, resources & web sites that address the goals and objectives of *the Network for a Healthy California* Program, implementation of the HOTM, MyPyramid and Dietary Guidelines for Americans, nutrition education materials, reading food labels, preparing cooking demonstrations and healthy recipes, food budgeting, and physical activity promotion in context of nutrition education.
- Monthly LACOE Coalition meetings are planned for six subcontracting districts.

Harvest of the Month

- Teachers and nurses receive monthly newsletters
- Parents receive monthly newsletters in English and Spanish
- Students taste test in the classrooms and/or cafeteria
- School libraries receive food-themed books and nutrition educational resources highlighting featured HOTM produce items.
- Classroom cooking demonstrations are conducted to promote fruit and vegetable consumption.

Nutrition Education and PA in the Classroom (including School Gardens)

- Select school districts participate in the Steps for a Healthy Living campaign and utilize resources from outside agencies such as University of California Cooperative Extension, American Cancer Society, and Dairy Council.
- Nutrition education is promoted through school vegetable gardens.

Nutrition Education and PA *Outside* the Classroom

- Nutrition and physical activity is promoted at school wide events such as community festivals, health fairs, back to school nights and open house.
- Coordinate nutrition education efforts with local Farmers' Markets.

Nutrition Education and PA in Afterschool Programs

- *Network* staff work with afterschool staff to ensure nutrition and physical activity is incorporated into afterschool programming.
- Taste testing opportunities are provided.
- CA Dairy Council and PowerPlay! materials are provided to afterschool staff to promote increased fruit and vegetable consumption and physical activity.

Youth Development/Empowerment

- Skills-based nutrition education lessons and discussion activities provide an opportunity for youth to learn how to share their opinions and ideas about nutrition and make smart choices that can have a positive impact on their community.

Cafeteria Connections

- Promote school wide activities for daily breakfast consumption.
- Featured HOTM produce items are highlighted on cafeteria menus.
- Food service staff participate in nutrition education trainings and promote the featured HOTM produce in the cafeteria by organizing special taste testing events.

Parent Education and Community Outreach

- Parent newsletters and packets distributed at Individual Education Plan (IEP) and Parent-Teacher-Student Association (PTSA) meetings.
- Handouts provided on nutrition, food safety and handling hygiene, making healthy choices and recipes, and utilization of federal food assistance programs.
- Sequential nutrition education classes are offered at targeted schools.
- Guest chefs visit classrooms and conduct cooking demonstrations.

Los Angeles Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Los Angeles Unified School District	233,000	X	X	X	X

Significant Evaluation Results

- From past evaluations, the missing link for impacting students' behavior was the connection between the home and what was learned at school. So this year we implemented a six week (2 hour per weekly session) pilot parent workshop. The workshop was well received and parents were motivated to take what they had learned from the program and apply it to their home environment. It was great to hear the parents' comments on what they will do with their training: "(I want) to learn to be more responsible when it comes to what I eat and what I feed my daughter; I learned to eat healthier and to teach my daughter to choose good foods." "We can put these classes to practice at home. The classes are great for the community and I thank you all and hope that you come back soon."

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Basic Nutrition for Teachers – this workshop will provide basic nutrition information that can be used to supplement and enhance nutrition education in the classroom
- HOTM Workshops – classroom connections and alignment to state standards to HOTM; cooking in the classroom strategies and sustainable resources
- "Play Hard, Live Healthy!" (Nutrition Education and Physical Activity Workshop) – engage in easy and practical standards-based classroom activities; benefits of fruits and vegetables and proper nutrition
- "Firmly Planted: Embedding Standards in your Nutrition Education Garden!" – using your Nutrition Garden to reinforce the curriculum standards

Harvest of the Month

- Opportunities for participants to sample and taste a different fruit and vegetable each month

- Teacher Newsletter to enhance classroom activities; Parent flyer in English/Spanish
- Partnership with Food Services Branch to feature the HOTM; district's chef develops a recipe using the HOTM produce

Nutrition Education and PA in the Classroom (including School Gardens)

- Partnering with Dairy Council of California at our staff development presentations and orientation meetings in order to inform teachers of the Dairy Council program
- Partnering with PowerPlay! at our orientation meetings in order to inform teachers of their program and using PowerPlay! with the Steps to Healthy Living program.
- MyPyramid resources and materials
- Marathon Kids; Governor's Fitness Challenge
- Nutrition-themed theatrical performances and murals
- **Chefs in the Classroom** – Opportunities for students to work with professional chefs to prepare fruit and vegetable recipes in the classroom
- **Farm to School Program** – Expose students and community members to local farmers & the produce they grow through classroom visits & farmers' market stands
- Nutrition Education in the school garden

Nutrition Education and PA *Outside* the Classroom

- Nutrition and Health Fairs; Kids Fitness Challenge; District's Annual Parent Summit
- Walk to School as part of a school's nutrition education event
- National Nutrition Month and School Breakfast Week

Nutrition Education and PA in Afterschool Programs

- Networking and collaborating with the district's after school programs

Youth Development/Empowerment

- NAC – Nutrition Advisory Councils and the NAC Symposium

Cafeteria Connections

- Partnership with Food Services Branch (FSB) to feature the HOTM; district's chef develops a recipe using the HOTM produce
- Collaborating with FSB in National Nutrition Month and School Breakfast Week
- Member of the Cafeteria Improvement Committee and its sub-committee: Nutrition Education; Supporting Cafeteria Personnel in their nutrition education activities

Parent Education and Community Outreach

- Nutrition Specialists conduct presentations on basic nutrition to parents; they also represent the *Network* at community events through nutrition and physical activity presentations and resource tables; Six week series of intensive, interactive parent nutrition education workshops
- Parent Resource Specialist provides Federal Food Stamp Program and basic nutrition information through parent presentations
- In 2008 – 2009, impact evaluation on the parent nutrition education workshops

Madera Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Madera Unified School District	4,184		X		

Significant Evaluation Results

- The HOTM school menus were printed in both English and Spanish, and distributed to all students to take home. Since our district is approximately 77% Hispanic, the Spanish version assisted with making an impact with the Spanish speaking families. The families were able to identify the healthy foods being consumed by their kids at the schools sites. Also, the families were introduced to the vegetables/fruits of the month and given recipes in which the main ingredient was the vegetable and/or fruit.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Two trainings will be provided this year.
- One training will be on the nutrition curriculum for 4-6 grades.
- Second training will be on dance unit instruction.
- Plus quarterly meetings with PE teachers.

Harvest of the Month

Nutrition Education and PA in the Classroom (including School Gardens)

- 4th grade PE teachers use PowerPlay! as the instruction curriculum book.
- 5th grade PE teachers use Camp Eatawella as the instruction curriculum book.
- 6th grade PE teachers use Eat Fit! as the instruction curriculum book.
- Nutrition education taught in K-3 grades by the classroom teacher.
- Nutrition education taught in pre-school.

Nutrition Education and PA *Outside* the Classroom

- Spring health care fair at high school

Nutrition Education and PA in Afterschool Programs

Youth Development/Empowerment

- Our district is implementing Second Step curriculum in all of their schools.

Cafeteria Connections

- Posters in our school cafeterias detailing information on nutritious foods and what a portion of a meal should be.

Parent Education and Community Outreach

- Nutrition education and physical education promoted for parents at back to school night and parent meetings.
- Parent education regarding nutrition at pre-school events.

Marin County Department of Health and Human Services

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
San Rafael School District	1,633		X		
Novato-North Bay Children's Center	170	X			

Significant Evaluation Results

- This past year, children demonstrated continued consumption of fruits and vegetables, and physical activity as evidenced by survey results, teacher/principal observations, and evaluation of snacks eaten at recess; however, parents showed no significant change.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- The nutritionist met with the 3-5th grade teachers at Bahia Vista elementary school at least three times this year, and monthly with the health educator.
- Train-the-trainer meetings are held at least bimonthly by a NWP Nutritionist with subcontractor teachers/health educators from subcontractor schools and grades. These trainings center on meeting the SHAPE nutrition competencies for each grade level and the messages of the importance of daily consumption of fruits and vegetables and physical activity. Each school has a nutrition education plan based on an assessment tool and utilizes HOTM, Champions for Change, and other *Network* nutrition/physical activity education resources and tools.

Harvest of the Month

- The HOTM Family Newsletter is sent home to 5th grade parents every month. The Educator Newsletter is sent to all teachers at Bahia Vista Elementary School and San Pedro Elementary School. HOTM and PowerPlay! Workbooks are used in all 5th grade Bahia Vista Elementary School Classrooms.

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers at Bahia Vista and San Pedro Elementary Schools are trained by health educators/nutritionists on ways to incorporate nutrition and physical activity

education in mandated academic curriculum by following the SHAPE competencies.

Nutrition Education and PA *Outside* the Classroom

- Every effort is made to provide consistent nutrition education messages at local community events. Canal Health and Safety Day and Binational Health Celebration occur annually in the spring at the low-income Pickleweed Community Center, where activities promote fruit and vegetable consumption and physical activity. End-of-year Open House at Bahia Vista Elementary School provides the opportunity for outreach to promote turning off the television, eating more fruits and vegetables, and drinking less soda – all habits for a healthier summer for the whole family.
- The Nutrition Wellness Program (NWP) nutritionist meets at least monthly with the NWP health educator to ensure that nutrition education and physical activity messages are integrated and consistent with SOW and SHAPE competencies in garden, classroom, and school activities. The school principal, supportive of every effort to enhance the health and fitness of the school community, is kept apprised of every nutrition education effort, maximizing our presence there.
- The NWP has collaborated with the Marin Office of Education, Safe Routes to Schools, Sports for Kids, YMCA, Marin on the Move, and other community organizations to promote resources to schools for walking, biking, and more.

Nutrition Education and PA in Afterschool Programs

- Nutrition Education and physical activity resources such as HOTM are made available to afterschool program staff. The NWP nutritionist meets with afterschool program coordinators to provide nutrition training and resources.

Youth Development/Empowerment

- Students take the basics of healthy nutrition and physical activity and apply them using skill-based strategies.
- The NWP collaborates with community partners such as Youth Leadership Institute's Project HEY (Healthy Empowered Youth) to provide technical support.

Cafeteria Connections

- Our program connects on a routine basis with child nutrition staff via our Project Coordinators and Health Educators at the site to increase access to healthy foods.
- The NWP staff works closely with the Food Service director, staff, and parents in making solid nutrition information available and providing guidance in such matters as healthy food recommendations, food labeling, and food safety & sanitation.

Parent Education and Community Outreach

- The NWP Bilingual Health Educator works with parents by providing nutrition education workshops throughout the year with nutrition messages that are parallel to those provided in the classroom and at community events.
- The Bilingual Health Educator uses the media (primarily radio, TV, and flyers) to promote these messages by collaborating with local Spanish station hosts.

Merced County Office of Education

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Atwater School District	606		X		
Le Grand Elementary School District	491	X	X	X	
Los Banos Unified School District	1,938		X		
Weaver Union School District	1,897	X	X	X	
Winton Elementary School District	2,040	X	X	X	
Merced College Child Development Center	150	X			
MCOE Special Education	781	X	X	X	X
Merced City School District	1,890	X	X		

Significant Evaluation Results

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- For schools/staff that have been involved in our program for over five years, we provide a one hour nutrition training in the fall and a 20-30 minute training in the spring.
- For schools/staff that are new to our program (less than two years), we provide a one hour nutrition training in both the fall and the spring.
- All schools are assigned a School Nutrition Liaison (Federal Share Staff) who are available as a communication resource for teachers.

Harvest of the Month

- HOTM Packet is provided to each teacher and includes: Educator Newsletter, Fun Food Fact Calendar, Kid Friendly Recipe Page for Classroom Taste Testing, and Family Newsletter copies for every student to take home (in English, Spanish or Hmong) which include a Kid Friendly Recipe Page in English and Spanish.
- Packet includes literacy books for each grade level (each classroom gets their own set of materials).

- Preschool classrooms receive a Preschool Activity Packet with small group activities incorporating HOTM and literacy books, as well as food experience recipes for classroom taste testing. This packet is aligned with the “Where Bright Futures Begin” Curriculum from Houghton Mifflin.
- Teachers are able to have the HOTM as a classroom taste test and always have the option to do additional cooking in the classroom with approved recipes.
- Teachers are provided with a Bulletin Board and a Border Storage Kit that contains pre-cut borders and die cuts that follow the HOTM schedule.

Nutrition Education and PA in the Classroom (including School Gardens)

- We provide teachers with a multitude of resources that are linked to their content standards. These resources have included: MyPyramid Pocket Chart, MyPyramid Curriculum, PowerPlay!, Fun Fruit Counters, Tree Top Fraction Games, Nutrition Lotto, and more.
- We revisit their usage at each staff meeting or training to remind teachers what they have received and how to use these resources for integrated nutrition education.

Nutrition Education and PA *Outside* the Classroom

- Review SPARK activities from past trainings.
- Provide Shake it Up CD for indoor and outdoor promotion.
- Provide additional *Network* approved activities that incorporate nutrition education with PA.

Nutrition Education and PA in Afterschool Programs

Youth Development/Empowerment

Cafeteria Connections

- Provide our cafeterias with our HOTM Border Storage Kit, fruit and vegetable crepe decorations and ideas to promote HOTM in the cafeteria.
- Offer opportunities for HOTM taste testing in the cafeteria.

Parent Education and Community Outreach

- Provide presentations at parent meetings and community agencies about healthy eating and physical activity.
- Provide information to the community about the free downloadable materials offered on our web site.
- Pilot testing a Healthy Habits for Family Bag with preschool classrooms; this contains: a Frisbee, a Shake it Up CD, literacy books in English and Spanish, a recipe book, an apron, a timer and family education materials from MyPyramid. This is specific to increasing fruits and vegetables and physical activity at home. Some materials will be returned each week, and the promotional items are for the families to keep.

Monrovia Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Monrovia Unified School District	6,000	X	X	X	X

Significant Evaluation Results

Our 07-08 Impact Evaluation results showed statistically significant improvements in the areas of knowledge, self efficacy, and consumption. These results reflect last year's dramatic changes in our planning and delivery of our nutrition education portion of the chefs in the classroom program. The impact evaluation results are an indicator that standards-based, skills-based and data-driven instruction is effective.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Once per week training for Nutrition Educators that conduct nutrition education in the classroom
- Provide 7-10 teacher trainings every school year (once a month)
- Once a month training for staff of the Village After school program
- Once a quarter nutrition education for district administration
- A week long Summer Institute on nutrition education for teachers
- Provide Physical Activity/Gardening mini-sessions during most trainings
- Integrating skills-based nutrition education with the HOTM program into the core curriculum
- Once per year training for health assistants and food service workers.

Harvest of the Month

- All teachers, administration, and the Board of Education receive a monthly HOTM highlights newsletter.
- Subscribing teachers receive a monthly HOTM newsletter with curriculum links on how to use the featured produce in the classroom, Nutrition Education literature, HOTM student workbooks, and a monthly standards-based teacher resource packet.
- Teachers can subscribe to the Tasting Trios program which offers simple three

ingredient recipes teachers can make with the HOTM monthly delivery.

- Monthly Parent HOTM newsletters are sent to all families in English/Spanish.
- Students are offered 5 different recipes each month featuring the HOTM through classroom lessons, produce delivery to teachers, taste testing, cafeteria menu and Village After School program.
- Partner with local supermarkets to provide monthly taste testing and information about our HOTM to target families.
- Retail displays available at 2 local supermarkets featuring monthly HOTM shopping tips and recipes.

Nutrition Education and PA in the Classroom (including School Gardens)

- All Pre-K through 5th grade students and most 6-8 grade students receive cooking lessons in the classroom utilizing the HOTM produce and standards-based nutrition education lessons taught by Nutrition Education Activities Assistants (NEAA).

Nutrition Education and PA *Outside* the Classroom

- Preschool has SPARK activities at all assemblies
- Monrovia Elementary Olympics/Nutrition Olympics for 900 4th and 5th graders
- Assist schools with participation in Walk to School Day

Nutrition Education and PA in Afterschool Programs

- Provide nutrition education lessons (minimum of 3 hours per week) to incorporate HOTM highlights, nutrient info and food sources, HOTM Taste Testing and one standards-based nutrition lesson.

Youth Development/Empowerment

- NEAAs run NACs during recess time at our 4 elementary school sites.

Cafeteria Connections

- Cafeteria features a recipe highlighting the HOTM at least once a month.

Parent Education and Community Outreach

- Provide once per week skills-based nutrition education and Taste Testing lessons through the Jump Start Learning series provided through the Family Learning Center for parents and children ages 0-4 years of age.
- Teaching nutrition education in ESL classes through our partnership with the Monrovia Adult School.
- PTA is provided with an annual resource guide with alternatives to healthy fundraising and celebrations.
- Provide nutrition classes through Monrovia Reads Literacy Van, a mobile library that reaches local low income families that do not have transportation to the library
- Integrate nutrition related presentations/workshops with school site parent nights
- Partner with the YMCA and Community Center for Healthy Kids Day Event
- Summer nutrition lessons at the Boys and Girls Club and YMCA
- Offer healthy Halloween alternatives at the Halloween Festival
- Quarterly Taste Testing and nutrition education at Farmer's Market
- Participate in Relay for Life Event to provide information about healthy eating.

Montebello Unified School District, Nutrition Services

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Montebello Unified School District	32,000	X	X	X	X

Significant Evaluation Results

- Teachers at both elementary and intermediate schools noted the increased willingness, even eagerness, to try new fruits and vegetables as a direct result of our nutrition education/taste testing program.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- We plan for at least 4 trainings per year. Topics will vary: using HOTM to teach nutrition; utilizing Thinking Maps® for nutrition education; awareness of how we deliver nutrition principles (use of language, confronting biases, staying objective and accurate); creating healthful habits – meals, routines, whole foods, and the tools to teach (pyramid; labels), modeling behaviors, and the food environment

Harvest of the Month

- Monthly nutrition education packets for K-12; taste testing in classrooms; menu items on school lunch menu; produce highlighted on menu slicks; annual subscribers receive nutrition related children's literature; "Eat Your Books" library program augments HOTM with book and nutrition lessons for K-4.

Nutrition Education and PA in the Classroom (including School Gardens)

- One key strategy: lessons must incorporate core subject standards, especially language arts. Another: provide background information to adequately prepare the instructor to deliver accurate lessons that stick to the nutrition education objectives.
- Monthly HOTM packets created by us. Incorporate Thinking Maps®, pacing guides, and other core subject standards; taste tests; school lunch items incorporate HOTM
- Kids Cooking Weeks: cooking in classroom utilizing packets created by us; recipes include fruits/vegetables; incorporate core subject and health standards
- Teachers may use Dairy Council materials throughout the year.

- We partner with Nutrition Services to promote breakfast and lunch consumption by providing nutrition educational promotional (posters, literature) and educational (lessons, activities) materials to school sites. School site staff (faculty and other support staff outside our Nutrition Services personnel) will help serve school breakfast and lunch meals to engender understanding, appreciation and essentials of providing balanced meals within the USDA requirements and school site setting.
- We include nutrition education messages in weekly teacher bulletins.

Nutrition Education and PA *Outside the Classroom*

- We often participate in schools' scheduled events, such as the elementary Olympics, Back to School Night and spring Open House, even an arts and crafts fair where children made recipe holders and received free recipes for pumpkin pancakes. See also parent ed. below.

Nutrition Education and PA in Afterschool Programs

- We have conducted a nutrition and literacy event in partnership with the contracted After School agency at a middle school. Kids were read to by the school principal, participated in a taste test and received literature on nutrition. We are still strengthening our partnerships with our ELO and contract agencies.

Youth Development/Empowerment

- Intermediate and high schools have Nutrition Advisory Councils (NACs) – peer nutrition advocacy and educational groups. Activities have included cafeteria kitchen tours, participation in Back to School Night with a booth and displays of nutrition information for families, menu design, even videos with nutrition based themes.

Cafeteria Connections

- Menu slicks include HOTM or PA information each month; HOTM items are featured within the school lunch menus; Posters promote nutrition messages; cafeteria bulletin boards depict HOTM themes with information highlights; Nutrition Services staff assist with prep/instruction of HOTM foods and lessons
- Kids Cooking Weeks are assisted by NS staff – food prep and supplies.

Parent Education and Community Outreach

- “Viviendo Saludable” is a 5-part family nutrition education program available to families at all schools. Topics include: division of feeding responsibilities; creating mealtime/snack routines; planning/determining balanced meals and snacks; understanding the food environment; tools for applying nutrition – pyramid, food labels, national guidelines; understanding children’s nutritional needs and how a parent guides a child’s nutritional intake, attitudes and is a model for eating habits
- Family Nutrition Night is held at a school allowing families to build their knowledge and awareness of nutrition. Booths have featured pyramid food groups; California agriculture; family meals, and more. We have had partnerships with the YMCA, local library, Kaiser, Beverly Hospital as well who share information at these events. Last year, a fourth grade class “hosted” most booths to share nutrition information and explain their displays of regional California grown fruits and vegetables.
- Presentations to Parent groups: Dist. Advisory Council, PTAs, etc.

Monterey County Health Department

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Monterey Peninsula Unified School District	3,345		X		
North Monterey County Unified School District	2,385		X		
Chualar Union School District	321	X	X		
Salinas City Elementary School District	1,939	X	X		

Significant Evaluation Results

- A teacher in one of the schools we are working with was excited about making eating healthy and physical exercise a fun way to live. She incorporated nutrition in math and science. Her motivation was driven by her own desire to lead a healthy lifestyle. She taught about food safety and portion sizes. The class also participated in learning how to maintain their weight. As a result of these classroom activities, children consciously make the effort of snacking on healthy food choices.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Twelve-to-fifteen staff trainings will be conducted to orient teachers on the usage of *Network* produced Nutrition CD "Eating, Writing and Arithmetic" as well as mini sessions intended to familiarize staff on how to fill out quarterly time logs.

Harvest of the Month

- HOTM newsletters will be provided in electronic format for easy printing and distribution to parents. Monthly tastings will be offered for teachers who participate in nutrition education activities. Bulletin Boards at participating schools will be utilized to display HOTM posters in cafeterias.

Nutrition Education and PA in the Classroom (including School Gardens)

- Network* developed nutrition curriculum is utilized to teach nutrition and PA in the classroom. These lessons were adapted from content from the Dairy Council, California Foundation for Agriculture in the Classroom, Mypyramid.gov and PowerPlay!.

Nutrition Education and PA *Outside* the Classroom

- Food demonstrations will be provided at farmer's markets and community events. Physical activity and nutrition promotion activities will be provided at school events utilizing mobile cooking carts and hula hoops.

Nutrition Education and PA in Afterschool Programs**Youth Development/Empowerment****Cafeteria Connections**

- Cafeteria activities are performed in coordination with school food service staff. Cafeteria activities include guessing games, displays and PA activities to promote the consumption of fruits and vegetables.

Parent Education and Community Outreach

- Parent education classes focus on various topics ranging from how to shop on a budget, reduction of fat and sugar in common meals, and how to increase physical activity for the entire family.

Mt. Diablo Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Mt. Diablo Unified School District	2,700		X	X	X

Significant Evaluation Results

- We have had over 137 tons of fresh produce delivered to our afterschool sites through a partnership with the local food bank. The impact evaluation this year showed increased consumption and access to fruits and vegetables, which we attribute to the produce delivery.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Over 200 staff were trained in physical activity promotion, cooking, gardening and nutrition.

Harvest of the Month

- Each month we use the HOTM educator newsletter for activities for our program. We also send the parent newsletter home each month. We have produce delivered each month for HOTM taste testing.

Nutrition Education and PA in the Classroom (including School Gardens)

- We have a CARES Nutrition Binder for each site; it includes the HOTM newsletter, PowerPlay! lessons, Acres of Adventures (4H), and Kids in the Garden. We also use Deal Me In and Reading Across the Food Guide Pyramid.

Nutrition Education and PA *Outside* the Classroom

- CARES has gone on field trips to the Farmer's Market and ice and roller skating. We also have a Spring into Health fair where over 300 youth come and play games, eat healthy snacks and learn about nutrition.

Nutrition Education and PA in Afterschool Programs

- Our grant funds the afterschool program. We are the primary source of nutrition education and physical activity for the schools that have our program. Our project coordinator sits on the school district's Coordinated School Health Council.

Youth Development/Empowerment

- We had California Network for Youth Development train all our staff in August before the program began. We also have a Teen Garden Corp each summer where 20 youth between the ages of 14 and 20 do a six-week internship in the garden and then are offered a job in the program.

Cafeteria Connections

- We use the multi-use room for check-in and check-out, and work with the food services to make sure there are colorful displays and network posters. Our food services department provides our nutritional snack so we communicate with them often. We also have some food service workers who teach cooking classes in our program.

Parent Education and Community Outreach

- Families participate in our Fall Fest in the garden. Each site has two family nights a year, with one focused on nutrition.

Napa County Office of Education

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Bellevue Union Elementary	400		X		
Roseland Elementary	350		X	X	
Wright Elementary	250		X		

Significant Evaluation Results

- CalSERVES facilitated 640 nutrition and physical activity classes. We knew that students were learning new information about the importance of eating a variety of fruits and vegetables, but we saw it in action when the students were planning for a classroom celebration. Students were invited to suggest ideas for the party including possible food items. A student suggested Hot Cheetos and before the afterschool mentors had a chance to respond, another student replied, "That's not healthy, how about strawberries." We know that habits are changing when students are encouraging each other to make healthy choices on their own, not just when a teacher is leading a nutrition lesson. Each day, we see that students are eating more fruits and vegetables and request them if they are not readily available.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Afterschool teachers receive bimonthly trainings in nutrition education and physical activity strategies using health standards and state-approved educational materials for implementation into daily activities.
- Teachers receive monthly HOTM newsletters to use within their classes, along with tips and ideas for classroom implementation.

Harvest of the Month

- Our Site Nutrition Specialists incorporate HOTM into their weekly lessons.
- Our students receive the Family newsletter in English and Spanish each month.
- We do food tastings with the fruit/vegetable in our nutrition specialist classes.
- We use the recipes from the newsletters in cooking classes and tastings.

Nutrition Education and PA in the Classroom (including School Gardens)

- During the core day, school teachers provide a variety of nutrition education and physical activity instruction using the Fruits & Veggies-More Matters curriculum.
- Eight afterschool programs conduct nutrition education classes using health standards, HOTM and CYO Power Play materials to promote healthy living to 1,000 children.
- Monthly parent and community education cooking classes are hosted by afterschool staff, promoting healthy eating and more produce with meals.
- All eight afterschool programs provide bimonthly garden-based nutrition education using Nutrition to Grow On and Master Gardeners of Sonoma County.

Nutrition Education and PA *Outside* the Classroom

- All eight afterschool programs include healthy food demonstrations, food tasting, and nutrition education games at events.
- Afterschool sites participate in local store tours with healthy food tasting.

Nutrition Education and PA in Afterschool Programs

- All eight afterschool and family literacy programs include one weekly nutrition club (1-2 hours), incorporate healthy living curriculum, and implement daily physical activity time (30 minutes) utilizing SPARK curriculum.
- Our afterschool programs organize and participate in our COOL Sports challenges where we bring all 8 sites together to compete in a sport and work on teamwork and cooperation while learning about the value of physical activity.

Youth Development/Empowerment

- Students have the opportunity to work together in the twice-monthly cooking classes, learning to share, problem solve, and appreciate each other in tasks well done.
- Older students mentor younger students in activities and help lead some of the lessons.
- Students are polled on their interests and classes are designed to match those interests.
- Each afterschool class creates a service learning project to complete each year. Many of these are health related (e.g., walk-a-thon, school assembly and poster contest, and community mapping).

Cafeteria Connections

- All eight afterschool sites showcase the HOTM, PowerPlay! and other *Network* posters in the cafeteria and their classrooms.
- Our students participate in cafeteria poster contests.

Parent Education and Community Outreach

- Our parents receive the HOTM newsletter each month.
- Our staff is involved in the parent groups that meet monthly.
- Our program hosts a Fun Family Nutrition Night to celebrate TV Turnoff Week in which families will receive information on food stamps, WIC, Food Bank programs, physical activity promotion, and cooking demonstrations with food tastings.
- The Cesar Chavez Health Fair involves over 70 health care providers who provide vital health education information to over 2,500 children and families, encouraging Healthy Eating and Active Living. The food bank donates over 4,000 pounds of fresh produce to be given away at the fair.

Newport Mesa Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Newport Mesa USD	10,000	x	x	x	x

Significant Evaluation Results

- At one elementary school, HOTM garden nutrition lessons featuring student-grown carrots doubled consumption. Due to increased demand, baby carrots were offered daily at lunch.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- At least five trainings will be held for our thirteen Lead Nutrition Teachers.
- One training will be conducted for over sixty staff members from our after school program, Project Success.
- Elementary school staff trainings will take place at four to eight sites. Trainings will focus on the HOTM program.

Harvest of the Month

- Over two hundred and eighty classrooms with over seven thousand elementary school students participate each month.
- Teachers receive HOTM produce and can also order extra ingredients to make the HOTM recipe featured in the educator newsletter.
- All elementary schools have *Network*-provided cooking kits.
- School menus feature HOTM each month.

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers utilize the HOTM educator newsletter as well as Dairy Council and PowerPlay! materials.
- Several elementary schools utilize school gardens to teach science and nutrition.

Nutrition Education and PA *Outside* the Classroom

- Special events promoting PA such as Nutrition Olympics and Hoop-A-Pa-Looza are conducted.
- Family nutrition night activities are held at several schools in cooperation with PTA.

Nutrition Education and PA in Afterschool Programs

- HOTM is provided to our after school program – *Project Success*. Working together with our Health Services Department, the *Network* has conducted special nutrition classes.

Youth Development/Empowerment

- The *Network* has started a high school student nutrition club. Students meet weekly to learn more about nutrition and the importance of being physically fit.
- Student-conducted activities such as HOTM taste testing, nutrition poster contests and an A-Z Salad bar featuring fruits and vegetables impact over two thousand students.

Cafeteria Connections

- Elementary school menus feature HOTM information and the featured produce item is served several times each month.
- Cafeterias have been decorated with student-designed HOTM posters
- Monthly HOTM taste testings are conducted during lunch time.

Parent Education and Community Outreach

- Parent nutrition education classes are provided to preschool and elementary school parents at seven sites.
- Class topics include introduction to the food guide pyramid, how to read nutrition labels, changing child eating behaviors and making healthy snack and beverage choices.
- Each year, the *Network* participates in a community health fair.

Orange County Department of Education – Alternative Education

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
ACCESS – Alternative Education	2,500	X	X	X	X
Special Schools	50		X		

Significant Evaluation Results

- At one of our intervention sites (Santiago Creek school in Santa Ana), a young teen mother attended a day school classroom, as opposed to one of our teen parenting sites specific for teen mothers. This young mother approached me after the interventions and thanked me for providing her the opportunity to see how easy it is to make healthy snacks and meals. She mentioned how she is now giving her 2 year old daughter more fruits and vegetables and she was astonished that her daughter's favorite vegetable is broccoli. This success made me realize the importance the role of the parent and access to fruits and vegetables in the home is critical to the consumption of fruits and vegetables for the child

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- We will provide 4 teacher/staff trainings. The trainings will be geared toward alternative education teachers/special education teachers/afterschool staff/new teacher orientations
- Topics will include: how to integrate nutrition into the core curriculum; basic nutrition education; nutrition education for teens; HOTM; nutrition and wellness elective course information; new web site and resources; free curriculum for teachers

Harvest of the Month

- Teachers receive monthly newsletter
- Taste testing is done in the classroom
- HOTM calendar art project
- Impact evaluation of HOTM

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers provide nutrition education through health courses, general education classes and a nutrition elective course for high school students
- Many teachers use Dairy Council materials
- School gardens at schools linked with community based organizations (i.e., Boys and Girls Club)
- Teen Parenting Nutrition classes provided to pregnant/parenting teens; this years' goal to create a Child Nutrition Class for young moms for high school credit
- Chef in the Classroom

Nutrition Education and PA *Outside* the Classroom

- Healthy murals provided at schools
- Coordination with Service learning Projects (gleaning with Second HOTM, feeding the homeless, volunteers at food banks)
- Field trips (grocery store and local farm tours) – transportation costs paid with non-*Network* funds and typically through afterschool program funds/collaborative agencies working with the schools

Nutrition Education and PA in Afterschool Programs

- A 3-hour training provided to afterschool staff – topics include how to create a healthy after school environment; importance of physical activity and resources; HOTM program in the afterschool setting

Youth Development/Empowerment

- This year we will be a part of the Youth Development Project
- Work with youth to develop a project focusing on changing their community

Cafeteria Connections**Parent Education and Community Outreach**

- Provide information at Nutrition Night for parents/family members
- Health fairs in the community
- Back to School Night presentations for parents

Orange County Superintendant of Schools (Coalition)

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Anaheim City School District	11,000	X	X		
Buena Park School District	6,010	X	X	X	
Capistrano Unified School District	4,326	X	X	X	
Centralia SD	4,859	X	X		
Cypress SD	959	X	X		
La Habra City School District	5,759	X	X	X	
Magnolia School District	550	X			
Saddleback Valley School District	240	X			
Santa Ana College Child Development Center	200	X			
Westminster Schools District	700	X			
Inside the Outdoors Science Camps	17,241		X		

Significant Evaluation Results

- Overall student nutrition knowledge increased at participating sites as a result of the various nutrition education interventions implemented. Overall feedback from coordinators, parents, teachers and administrators are positive. The teachers enjoy participating in the HOTM Program and appreciate receiving supplemental nutrition education materials.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- The OCSS Coalition serves 10 districts, 980 teachers/staff, five Inside the Outdoors Science Camps, and one Inside the Outdoors Field Program. Topics include Connecting Nutrition Education Activities to the Desired Results Developmental Profile (DRDP) for pre-k teachers, Connecting the California Health Education Content Standards for K-6 teachers, and using USDA funds to expand nutrition education and physical activity promotion. Other topics include USDA contract requirements, benefits of nutrition and academic performance, resources & web sites that address the goals and objectives of the *Network for a Healthy California* Program, implementation of the HOTM, MyPyramid, Dietary Guidelines for

Americans, nutrition education materials, reading food labels, Cooking in the Classroom, and physical activity promotion in context of nutrition education.

- Monthly Coalition meetings are planned for 10 subcontracting districts.

Harvest of the Month

- Teachers, nurses, and other school staff receive monthly newsletters.
- Parents receive monthly newsletters in English, Spanish, and Vietnamese.
- Parents receive monthly HOTM taste test and PowerPoint lessons in English and Spanish.
- Students taste test in the classroom, cafeteria, at recess, and/or afterschool.
- School libraries and teachers receive food-themed books and nutrition educational resources highlighting featured HOTM produce items.
- HOTM is featured on pre-k bulletin boards and parent boards.
- HOTM items are featured on school menus and in school newsletters.
- Classroom cooking demonstrations are conducted.
- Students receive HOTM workbooks, bookmarks, and stickers.
- Students at Outdoor Science Camps receive information regarding the featured produce item of the day.

Nutrition Education and PA in the Classroom (including School Gardens)

- Select school districts participate in the Steps for a Healthy Living campaign and utilize resources from PowerPlay!, University of California Cooperative Extension and Dairy Council.
- Pre-k – 8 classrooms incorporate nutrition education into other key subject matters.
- Monthly nutrition education modeled in the classroom at some sites

Nutrition Education and PA *Outside* the Classroom

- Nutrition and physical activity is promoted at school wide events such as community festivals, health fairs, literacy fairs, back to school nights, open house, Kinder Roundup, Family Nutrition Nights, and other school events.
- Nutrition education promoted during Red Ribbon Week, International Walk to School Week, and National Nutrition Month.
- Cooking clubs at middle school sites and in afterschool programs.
- Happy and Healthy Choices weekly group meetings led by school counselor in middle schools.
- School Assemblies, school wide organized field days or walkathon, and nutrition education promotional events.
- Nutrition education at Outdoor science camps including nutrition lessons, activities, plays, and promotions; Parent newsletters and packets distributed at Individual Education Plan (IEP) and Parent-Teacher-Student Association (PTSA) meetings.
- Handouts provided on nutrition, food safety and handling hygiene, making healthy choices and recipes, and utilization of federal food assistance programs.
- Sequential nutrition education classes.
- Guest chefs visit classrooms and conduct cooking demonstrations. Parent newsletters and packets distributed at Individual Education Plan (IEP) and Parent-Teacher-Student Association (PTSA) meetings.
- Handouts provided on nutrition, food safety and handling hygiene, making healthy

choices and recipes, and utilization of federal food assistance programs.

- Sequential nutrition education classes are offered at targeted schools
- Guest chefs visit classrooms and conduct cooking demonstrations
- Nutrition education station at Outdoor Science field programs

Nutrition Education and PA in Afterschool Programs

- Grade specific nutrition education including cooking demonstrations and physical activity promotion in afterschool programs.

Youth Development/Empowerment

- School wide promotional events bring together students and their families which makes a connection between the school environment and the community.
- School counselors work with middle school students in various groups/clubs at the middle schools to promote healthy choices.
- Skills-based nutrition education lessons and discussion activities provide an opportunity for youth to learn how to share their opinions and ideas about nutrition and make smart choices that can have a positive impact on their community.

Cafeteria Connections

- Featured HOTM produce items are highlighted on cafeteria menus
- Food service staff participate in nutrition education trainings and promote the featured HOTM produce in the cafeteria by organizing special taste testing events
- Posters in cafeteria and surrounding school environment

Parent Education and Community Outreach

- Nutrition Education stations at district health fairs, literacy fairs, and other school events
- Annual Healthy Families Event, Family Nutrition Nights, and other school sponsored family events
- Parent newsletters and packets distributed at various parent meetings and events.
- Handouts provided on basic nutrition topics such as MyPyramid, label reading, healthy choices and recipes, and utilization of federal food assistance programs
- Sequential nutrition education classes are offered at targeted schools
- Guest chefs and cooking demonstrations
- Before school and after school nutrition education with students as guest chefs
- Lunch with your student events with nutrition education booths and displays
- Nutrition education at parent trainings for English learners
- Nutrition education led by Community liaisons
- HOTM activities led by parent advisory committees

Orange Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Orange Unified School District	12,000	X	X	X	X

Significant Evaluation Results

- Follow the Leader (FTL) is a unique nutrition education and physical activity program created by OUSD at a *Network* school. It was created by OUSD and further enhanced by OUSD *Network* by adding nutrition education and skills-based physical activity. Impact evaluation results revealed that the Follow the Leader intervention was highly effective and showed the following:
 - a. Students completed a comprehensive survey both pre and post intervention. Ninety-two percent of the eating and physical activity behaviors assessed improved following the FTL intervention.
 - b. Lower elementary (grades 1 and 2) students reported they like to eat more fruit and vegetables at lunch as well as snacks. The children also reported increased self-efficacy for requesting their parents purchase produce.
 - c. Self-efficacy substantially improved with the FTL intervention. The reported ability to request more fruits and vegetables from their parents as well as their opinion that their friends will consume more produce for snacks is an interesting finding that is atypical from other intervention projects. This most likely can be attributed to the unique peer teaching format of the FTL program.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Monthly teacher meetings/trainings for lead teachers at *Network* school sites
- Approximately 2 *Network* Teacher Liaisons at each *Network* school
- Guest chefs to volunteer and/or train teachers on how to implement Harvest of the Season in the classroom
- Provide nutrition education trainings to school staff and administrators
- Collaborate with Food Service Managers at each school to deliver/promote nutrition education

Harvest of the Month (*Harvest of the Season Utilizing these materials*)

- Three-tier model called Harvest of the Season. Teachers, students, families all receive Harvest of the Season nutrition education.
- Cooking carts at each school to implement Harvest of the Season activities
- Teacher lessons aligned to CA State Standards, Draft Health Education Standards, and Literacy
- Parent nutrition education provided
- Guest Chef in the Classroom-Implemented by trained *Network* Teachers and Parent volunteers

Nutrition Education and PA in the Classroom (including School Gardens)

- TBC lessons in the classroom linked to breakfast nutrition education & parent newsletters
- Cafeteria nutrition education promotion
- Over 30 school gardens in OUSD utilizing school garden toolkit with emphasis on nutrition education
- Follow the Leader program at four OUSD *Network* schools (nutrition and physical activity program) "Follow the Leader" program involving Upper grade students who "lead" 1st and 2nd grade students in physical activities aligned to the Physical Education Standards. Activities involve nutrition messages promoting fruit and vegetable consumption and knowledge.
- "PE 4 ME" program at OUSD *Network* middle school to be expanded to three more OUSD *Network* schools in 2009-2010.

Youth Development/Empowerment

- Two OUSD *Network* schools Orange High School and Yorba Middle school study and report a nutrition and/or physical activity issue on their campus or community.
- Orange High School "Lunch Bunch" is in its third year working closely with OUSD Food Services and Business Administrators to improve school vending food options for students.

Parent Education and Community Outreach

- 8-week cooking classes at target schools provided OUSD partner UC Cooperative Extension Orange County.
- Nutrition education tied to Harvest of the Season/Month program at monthly parent meetings (ELAC and PTA)
- Harvest of the Season recipe cards provided to every parent 4x/year
- Open house/Back to school night participation promoting *Network* at school sites
- School Readiness annual Health Fair participant
- In partnership with countywide *Network* Collaborative (NuPAC), plan and implement first & second annual Parent Empowerment Workshops for parents countywide. OUSD hosted second annual Parent Empowerment Workshop.
- OUSD *Network* Champion Mom, Isabel Dorantes, was chosen to represent the 2009-2010 Champion Mom statewide Campaign efforts.

Pasadena Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Pasadena Unified	19,428	X	X	X	X

Significant Evaluation Results

- Reflecting back on our activities at the site, the memorable part is when the students come up to you and acknowledge what you have taught them. For example, during a Saturday event, the students who have been attending our classes at the different sites.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Nutrition education folders for teachers at the participating sites include resources from Dairy Council, Team Nutrition and/or lesson plans from approved resources.
- Middle and HS PE teacher training.
- School base health office staff, nurses and health clerks, training.
- Healthy Start Family Center staff training.
- HOTM teacher training at all participating HOTM schools.
- Nutrition Service and Food Service staff training.
- After School Program staff training.

Harvest of the Month

- K-8th grade participating classrooms.
- Teacher and parent newsletters
- Students HOTM workbooks k-6.
- HOTM grade appropriate books.
- Monthly HOTM presentation to PUSD Board of Education.

Nutrition Education and PA in the Classroom (including School Gardens)

- Special in-classroom presentation promoting eating more fruits and vegetables and physical activity.
- Special Healthy Cooking Demonstration to make eating fruits and vegetables fun.
- Nutrition games.
- Skilled based hands-on activities.

Nutrition Education and PA *Outside* the Classroom

- Nutrition, Health and Walk to School Week Celebration in October.
- National Nutrition Month Celebration in March.
- Farmer to Classroom program for K-5 grades.
- Farm Stands program for middle and HS.

Nutrition Education and PA in Afterschool Programs

- Nutrition Cooking Camps.
- Nutrition games.

Youth Development/Empowerment

- Student Advisory Council.

Cafeteria Connections

- HOTM celebration in the cafeteria at all elementary sites during National Nutrition Month.
- Produce taste testing in conjunction with school site salad bar program.

Parent Education and Community Outreach

- English and Spanish skilled based nutrition classes.
- Parents' empowerment workshops.
- Participate in the Annual Parent Conference providing workshops.

County of Riverside
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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Riverside Unified School District	1,115		X		
Hemet Unified School District	600		X		
Perris Unified School District after school program	336		X		

Significant Evaluation Results

- Increased intake of fruit and vegetable by parents reflecting increased parental support for children to increase fruit and vegetable consumption.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Nutrition education to approx 60 food service staff at Riverside and Hemet Unified School districts.
- Nutrition education to 20 recreational leaders in after school program at Perris Unified School district.
- Topics for training include MyPyramid, Fats and Oils, Fruits and Vegetables, Limit Added Sugars or Calorie Sweeteners.

Harvest of the Month

- HOTM activities including taste testing at Riverside and Hemet schools.
- Students attend HOTM assembly. Poster contests and calendars developed.
- Distribution of newsletters to teachers, children and parents. Menu slicks to school food service.

Nutrition Education and PA in the Classroom (including School Gardens)

- Collaborate with PowerPlay! program at Riverside to promote student nutrition education and physical activity at PowerPlay! schools.

Nutrition Education and PA *Outside* the Classroom

- HOTM activities at breaks, in the cafeteria and at assemblies.
- School-wide poster contest with fruit, vegetable and physical activity theme.
- Participate with PowerPlay! in Nutrition Decathlon.

Nutrition Education and PA in Afterschool Programs

- Nutrition education to after school program staff.
- HOTM taste testing at 4 locations at Perris Unified School District.
- Impact evaluation at the after school program.

Youth Development/Empowerment

- Youth Council students given education on different programs in Nutrition Services.

Cafeteria Connections

- Nutrition education training to food service staff.
- Activities in the cafeteria promoting fruits and vegetable consumption.
- *Network* staff dress as fruits and vegetables.
- Activities during National Nutrition Month (March) promoting theme with posters etc. in the cafeteria.

Parent Education and Community Outreach

- Parent classes held at schools and at community centers.
- Classes include the following topics:
 - Get the Facts to make Healthy Choices
 - Choosing Healthy Foods Using MyPyramid
 - Label Reading
 - Cut the Fat for Better Health
 - Fruits and Vegetables and Whole Grains too...What's in it for you?
- Booth at Back to School Night events.
- Booth and activities at Walk to School events.

Rosemead School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Rosemead	3,200	X	X	X	

Significant Evaluation Results

- Based on year-end teacher evaluation survey and teacher feedback, the HOTM program is a good program and they enjoyed the student HOTM workbooks. One cafeteria manager reported that after the broccoli HOTM taste test, they had to keep refilling the salad bar with broccoli due to the high demand for it. For the carrots HOTM taste test, one parent reported that his 1st grade son did not eat carrots. However, after taste-testing it for HOTM, he now likes to eat carrots!

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Conduct nutrition workshops to teachers 1-5 times each year. Topics may include information on Dairy Council of California, ABC 7 – Kid Healthy Campaign, HOTM, and Cooking in the Classroom, Physical Activity (“Shape of Yoga”, “Power up in 10”), California Health Ed. Content Standards and other topics as requested by the participants.
- Conduct nutrition workshops for food service staff 1-5 times each year. Topics may include information on Trans Fat, Sodium, Dietary Guidelines, HOTM, National Nutrition Month and other topics as requested by the participants.

Harvest of the Month

- HOTM is conducted 5 times each year. Students and teachers receive a small sample taste test and HOTM student workbooks.
- Cafeteria will post up the HOTM highlights newsletter on cafeteria bulletin board.
- HOTM parent newsletter is passed out at Back to School Night, Open House and other special events/parent classes.
- Books linked to the HOTM are available for checkout from the school library.

Nutrition Education and PA in the Classroom (including School Gardens)

- Resources available for teachers:
 - Books linked to HOTM
 - Dairy Council of California materials (for K-8th and afterschool program)
 - PowerPlay! School Idea and Resource Kit (for 4-5th and afterschool program)
 - Team Nutrition – MyPyramid lesson plans (for 1-6th)

Nutrition Education and PA *Outside* the Classroom

- Mobile Dairy Assemblies
- Live Like a Champion Tour

Nutrition Education and PA in Afterschool Programs

- Training will be provided to afterschool leaders on incorporating nutrition and physical activity education.
- Partner up with After School Education & Safety (A.S.E.S.) program to provide hands-on cooking demo to 1-4 school sites per month.

Youth Development/Empowerment

- Annual School Wide Nutrition/PA Art Contest (K-6th).
- Annual School Nutrition/PA Essay Contest (5-8th).
- “Kid Healthy” - Steps to Healthy Living Campaign – students track their steps with pedometers and fruits/vegetables intake for 2-3 weeks. In conjunction with completing lessons from PowerPlay!
- Student volunteer opportunity for Annual Run/Walk event with our Middle School Key Club, ASB, Boys & Girls Scout and Builders Club.
- Guest Chef cooking demo to Middle School Nutrition class. Topics include healthy recipes, physical activity and job opportunity in the food/culinary arts.
- Provide information pamphlets and posters on Governor’s Challenge Competition.

Cafeteria Connections

- Cafeteria menus have nutrition and physical activity messages.
- Cafeteria decorations and bulletin board decorations will promote nutrition and physical activity to students.

Parent Education and Community Outreach

- Interactive Nutrition/PA education classes/presentations for Migrant Education Even Start (MEES) program, Vision of Immigrant Cultural Education (VOICE) program, District English Language Advisory Committee (DELAC) program and PTA
- Special Events:
 - Peace Fair: Provide fruit/vegetable samples, Nutrition/PA lessons to parents conducted English and translated to Spanish, Vietnamese, and Cantonese. Topics may include: lessons from “Eating Well, Living Well”, Cooking on a Budget, Food labels, Healthy recipes and other topics as requested.
 - Annual Run/Walk – Health & Fitness Fair: “Eating, Running and Thinking Healthy”. K-8th & Adult Run/Walk contest. Community health and resource booths. Fruit/vegetables taste-test samples and nutrition promotional items provided to all participants.

San Bernardino County Dept. of Public Health

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Rialto Unified School District	960	X			
Colton Joint Unified School District	384	X			
Ontario-Montclair School District	696	X			
Adelanto School District (SB County Superintendent of Schools)	96	X			
Chino Valley Unified School District (SB County Superintendent of Schools)	384	X			
Hesperia Unified School District (SB County Superintendent of Schools)	144	X			
Mountain View School District (SB County Superintendent of Schools)	48	X			
Cucamonga School District (SB County Superintendent of Schools)	96	X			
Victor Elementary School District (SB County Superintendent of Schools)	240	X			
Redlands Unified School District	68		X		
San Bernardino City Unified School District	1,600	X	X	X	X

Significant Evaluation Results

- The FAME (Families of African American Ancestry Manifesting Our Excellence) Harvest Curriculum was used (state approved) last year. The analysis showed increase in knowledge.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Twelve or more teacher trainings for 120 Preschool Teachers and 162 support staff at 84 sites in ten Districts will provide Color Me Healthy, Healthy Beginnings and general nutrition training (label reading, MyPyramid, portion distortion, etc.) and resources for classroom staff.

- Four or more teacher trainings 2 or more teachers will provide HOTM training and resources.
- Project LEAN staff member provides training to teachers on the Jump Start Resource Kit and Playing the Policy game.

Harvest of the Month

- Classroom fruit/vegetable tasting, classroom lessons by trained teachers, recipe taste testing, connecting physical activity promotion and healthy eating to the school garden.

Nutrition Education and PA in the Classroom (including School Gardens)

- The pilot elementary school teachers use HOTM Workbooks, the fruit/vegetable boxes provided in Cycle II. The learning is classroom didactic and experiential.

Nutrition Education and PA *Outside* the Classroom

- The teachers have access to a community garden located adjacent to the school which is on City Park property.

Nutrition Education and PA in Afterschool Programs

- At our HOTM pilot site, the pilot teachers also provide some of the after school programming and they sometimes instruct the children in the garden.

Youth Development/Empowerment

- The teachers through, school garden activities, primarily handle this.
- The Nutrition Program has the Voices for Change grant funded by Robert Wood Johnson, which has a focus on one high school group and one middle school group of students. The outcome is empowerment toward social action determined by the youth.

Cafeteria Connections

- This is currently not an emphasis, though discussions are taking place to link HOTM activities to cafeteria options at San Bernardino City Unified School District.
- Food Service Director at Rialto Unified School District has offered to work with State Preschool to coordinate snack offerings with classroom lessons.

Parent Education and Community Outreach

- Parent Education in Preschools is provided via parent newsletters from the Color Me Healthy Teacher Kit and Healthy Beginnings.
- Additional parent education is provided by public health nutrition program staff in single presentations or series of classes based on parent need and interest in a nutrition or physical activity topic.

San Francisco Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
San Francisco Unified School District	7,000		X	X	X

Significant Evaluation Results

- Results from the SFUSD impact evaluation show statistically-significant improvements in *fruit and vegetable preferences*; positive changes in *knowledge, attitudes, and behavior*; significant increases in *student empowerment*; and significant increases in *consumption* within the intervention group (n=421 across 18 elementary schools).

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- 6 Professional Development Trainings for Elementary Classroom Teachers: Farmers' Market fieldtrips; planning classroom and school activities for Physical Activity & Nutrition Awareness Months; nutrition education linked to garden based science concepts
- 3 workshops for After School Staff: Nutrition curricula; cooking clubs
- Professional Development for District food service workers: Nutrition 101; tips for teaching students while distributing lunches
- 25-40 site-based professional development workshops for classroom teachers at target sites: nutrition education curricula; utilization of cooking carts; incorporating physical activity in classroom lessons; linking lessons to language arts curriculum
- Professional Development for Secondary Teachers: planning and implementing standards based nutrition education and promotion of the SFUSD Wellness Policy
- 2 Professional Development Trainings for Teacher/Health Advocates: nutrition education and physical activity promotion linked to Health Awareness Months
- 4 Central SPARK PE Trainings & 30 site-based SPARK trainings for After School Program Staff (Not *Network* funded)

Harvest of the Month

- Monthly HOTM activities at 20 elementary target sites, including fruit & vegetables for classroom tastings, educator & family newsletters, workbooks & posters
- HOTM “trainer of trainer” presentations to Nutrition Teacher Leaders
- HOTM newsletter electronic distribution to all SFUSD schools and linking on program website
- HOTM information is included in monthly Student Lunch newsletter to all elementary students (Not *Network* funded)

Nutrition Education and PA in the Classroom (including School Gardens)

- Curriculum tubs with nutrition education and physical activity promotion lessons & activities at 20 target sites
- Classroom lessons linked to language arts & science curricula, use of cooking carts for demonstrations & tastings
- Nutrition in the garden lessons at school sites with school gardens
- Field trips to farmers’ markets & community gardens

Nutrition Education and PA *Outside* the Classroom

- Family Nutrition Events & health fairs are held at each target site
- Program links to other family events, including Back to School, Literacy/Science Nights, food pantry cooking demonstrations

Nutrition Education and PA in Afterschool Programs

- Planning and integration of after school with regular day at target elementary sites
- Professional development for After School Coordinators and Line Staff at semiannual institutes.
- Physical Activity & Nutrition Cohort—10 - 20 elementary sites meet regularly to develop program activities related to nutrition & PA (not *Network* funded)
- After School PEP grant—supports central & site based SPARK in-services and equipment purchases at 20 elementary schools. (Not *Network* funded)

Youth Development/Empowerment

- Peer education pilot programs at two middle, two high & 5 elementary schools, to work with youth leaders--activities include harvest tastings and classroom lessons

Cafeteria Connections

- At target sites, nutrition coordinators work with nutrition staff to plan breakfast clubs and nutrition education at salad bars.
- Annual nutrition education in-service

Parent Education and Community Outreach

- Parent and community nutrition education and physical activity promotion through Family Nutrition Nights, health fairs, literacy nights...
- Quarterly nutrition newsletter in English, Chinese & Spanish distributed to target sites and linked electronically on program website
- Parent/caregiver workshops, held at 20 target sites, topics include healthy snacks, importance of eating a healthy breakfast, healthier classroom parties, & supporting the SFUSD Wellness Policy.

San Joaquin County Public Health Services

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Manteca Unified School District	1,120		X		
Stockton Unified School District	225		X		

Significant Evaluation Results

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- In collaboration with the Regional *Network* Children's PowerPlay! – Gold Country and PHS *Network* staff, there were 22 school Counselors trained to implement the Afterschool Children's PowerPlay! activities at Lodi Unified School District.
- The Project Coordinator and Community Outreach Worker provided HOTM training to 12 new teachers at Lincoln Elementary School. This year, 32-36 teachers participated in the HOTM activities.
- 25 school Counselors that attended the Children's PowerPlay! Campaign presentation.

Harvest of the Month

- There are 1,120 students reached in three school sites at Manteca Unified School District. Approximately, 32-36 teachers participated in the HOTM activities.
- The Project Coordinator and Community Outreach Worker collaborated with the Food Service Director of Tracy Unified School District through their CATCH Program about the HOTM lessons. There are seven (7) school sites that promote their "Wellness Wednesday" HOTM every month.

Nutrition Education and PA in the Classroom (including School Gardens)

- PHS *Network* staff and the Regional *Network* Coordinator – Gold Country Region will be partnering to promote the Children's PowerPlay! Campaign in spring 2009 to San Joaquin County school districts such as Stockton, Manteca, and Lodi Unified School District.

Nutrition Education and PA *Outside* the Classroom

- In partnership with PHS *Network* staff, University of California Cooperative Extension, and Farm Bureau of San Joaquin, thousands of third-graders had the chance to personally experience agriculture at the Select San Joaquin AgVenture at the 40-acre Manteca Unified School farm on October 23, 2008. PHS *Network* staff provided nutrition and physical activity education.
- “AgVenture Day” is designed to help children connect with the agrarian past of the San Joaquin Valley and learn how farms work. It is an educational field trip for third graders, designed to give children a behind-the-scene experience into the world of agriculture. Also, the children including their teachers and parents learn about nutrition and physical activity. And then there's the best part: hands-on experiences. The program highlights the importance of agriculture to the local economy and promotes the healthy benefits of eating freshly grown, local produce in San Joaquin County through nutrition education presentation.
- About 2,500 curious third-graders from the Banta, Escalon, Manteca, and Tracy Unified School Districts learned more about the journey from the farm to the fridge.
- Approximately, 6, 000 children, including parents and teachers participated in the Select San Joaquin Agventure Day in San Joaquin County.

Nutrition Education and PA in Afterschool Programs

- Afterschool Counselors at two school districts were trained in Children's PowerPlay! Approximately, 50 afterschool Counselors were reached in both school districts.

Cafeteria Connections

- In partnership with PHS *Network* staff and Nutrition Services staff of San Joaquin County School Districts have promoted the Cafeteria and Classroom Connections through nutrition education programs such as HOTM and Children's Power Play! Campaign. Each of the curriculums includes nutrition lessons, taste testing, and incorporation of fruits and vegetables to their cafeteria meals. PHS *Network* staff engaged their students how to prepare healthy meals and cooperative work skills.

Parent Education and Community Outreach

- PHS *Network* staff provides nutrition education to parents in school events such as “Coffee Hour” parent meetings, “Walk to School Day” health fairs, and “Select San Joaquin AgVenture Day.” The topics include “MyPyramid,” “Food Labeling,” “Benefits of Physical Activity,” and Food Demonstration such as “Fruit Smoothies.” There are 135 parents that participated in the nutrition presentation. In addition, 688 participants were reached in community health fairs in Stockton.

Santa Ana Unified School District

<http://www.sausd.us/14431028115851450/site/default.asp>

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Santa Ana Unified School District	58,000	X	X	X	X

Significant Evaluation Results

- Preferences for fruit juice and vegetables doubled
- Preferences for fruit tripled

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Our professional development training will take place in the spring. Topics will range from using GLAD strategies with nutrition education and HOTM. We will also provide resources which match with the districts core curriculum and instructional strategies such as literature experiences, GLAD strategies for English learners, and Thinking Maps.

Harvest of the Month

- School wide deliveries to 45 schools using the HOTM produce for taste testing
- 33 cooking carts are currently being used
- Literature books tied in with the HOTM
- HOTM Book Club Reading, hosted by elementary schools. Principal of hosting school is the guest reader
- HOTM Parent Cooking Class-parents are taught recipes from the HOTM produce and replicate the recipe at their school site at monthly parent meetings
- Averaging approximately 25,000 taste tests monthly

Nutrition Education and PA in the Classroom (including School Gardens)

- Our curriculum specialist provides monthly lessons using the HOTM produce and tying it into the state standards. Approximately 800 teachers receive these lessons on a monthly basis.
- We provide HOTM cycle books to all qualifying schools
- We provide our 22 kinder readiness classrooms with the HOTM big books

- All teachers receive the HOTM educators newsletters
- All teachers receive the HOTM Newsletter Highlights

Nutrition Education and PA *Outside* the Classroom

- Through our NAC groups they develop and organize nutrition fairs
- We coordinate family nutrition nights and have regional *Network* provide PA
- We coordinate family literacy nights using the HOTM books and produce for taste testing

Nutrition Education and PA in Afterschool Programs

- Regional *Network* has started PA activities with our after school programs at secondary schools.

Youth Development/Empowerment

- We currently have 9 NAC groups at intermediate and high schools. The NAC advisors meet with us monthly and they meet with their students either monthly or bi-weekly. They are in the process of developing nutrition fairs at their school sites.
- NAC groups also have a guest chef who comes into their schools and using our cooking cart he prepares a recipe for the students. He goes over food safety and sanitation, nutritional value of food he's preparing, and careers in the food industry.

Cafeteria Connections

- Our cafeteria offers the HOTM produce monthly to all our students (which they pay for). They also incorporate the HOTM nutritional facts on the monthly menu which is provided in English and Spanish.
- All food services supervisors participate in educating students regarding the HOTM produce.

Parent Education and Community Outreach

- 8-week cooking classes at 10-15 schools (UC Cooperative Extension)
- School/Community newsletter offering nutrition education promotion
- Food Stamp Promotion
- HOTM Parent Newsletters delivered monthly
- Open house/Back to school night, Family Nutrition Fairs at participating *Network* schools. Community partners help and provide assistance during these events

Santa Clara County Public Health Department

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Franklin McKinley USD	70		X		
Alum Rock USD	60		X		
Gilroy USD	30				X

Significant Evaluation Results

- Nutrition Education at Summer Feeding sites in San Jose. Within one month, we taught 26 preschool through 3rd grade classes, reaching approximately 500 students. The activities have been received well, and we plan to continue the events this summer.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Food Assistance Training – Provide new information on WIC, Food Stamps, and *Network* Toolboxes as well as a space for networking for food assistance providers.
- Social Services – Provide nutrition and physical activity training to social service providers to encourage dialogue about nutrition and physical activity with their clients.
- Rethink Your Drink Training – Teach Rethink Your Drink curriculum to groups in the community and provide train-the-trainer events for community leaders.

Harvest of the Month

- HOTM at Food Bank Family Harvest Sites (3-5 sites per month), WIC taste testing events (6 per year), and school health fairs.
- HOTM newsletters distributed to all partners in Santa Clara County.

Nutrition Education and PA in the Classroom (including School Gardens)

- Summer Feeding sites: Nutrition education for preschool and elementary school.
- Key curriculum: PowerPlay! and children's books on healthy eating and physical activity.

Nutrition Education and PA *Outside* the Classroom

- Pomoroy Collaborative: Family Science Night, Jump Rope for Heart, and Nutrition Education material for bulletin boards.
- Walk to School Week.

- New Directions: Nutrition Education for newly housed homeless.
- Nutrition Education for Great Oaks/Edenvale, Tully/Santee (CX3), and Mountain View neighborhoods (CX3).

Nutrition Education and PA in Afterschool Programs

Youth Development/Empowerment

- Curriculum and activities encourage and enhance skills in communication, group learning, public speaking, and critical thinking. Learning about one's health and the health of one's community draws attention to the need for physical fitness, eating healthy, and changes in the environment.

Cafeteria Connections

- Provide colorful and informative posters to schools to be hung in school hallways and cafeterias.

Parent Education and Community Outreach

- School Health Fairs – Parent nutrition class and Nutrition booth for all ages.
- National Nutrition Month Poster Contest for 4th and 5th graders in Santa Clara County.
- Media: National Nutrition Month posters in bus shelters, and postcards sent to San Jose residents.
- Rethink Your Drink/Soda Free Summer campaign.
- Festival in the Park.
- Healthy Trails.
- Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention; mapping, assessment surveys, and fact sheets for community leaders.
- San Jose Job Corps Nutrition classes.
- Health Fairs: Second Harvest Food Bank Provider Fair, County Employee Wellness Fair, School Health Fairs.
- WIC Recipe Contest.
- First 5 Childhood Obesity Collaborative.
- Nutrition Advisory Committee.

Santa Clarita Valley School Food Services Agency

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Newhall SD	1,500	X	X		
Saugus USD	150	X	X		
Sulphur Springs USD	900	X	X		

Significant Evaluation Results

- Family Cooking Night (FCN) presents the positive social, nutritional, & psychological values of eating together; to make meal preparation an enjoyable experience by teaching safe food preparation skills of nutritious foods; and increase English vocabulary skills.
- 86 participants attended. Recipes were from *Network* resources & Dairy Council of CA *Kids Cooking*. Recipes & key vocabulary words were posted in English, Spanish & Korean. Eight stations were set up in the school MPR, facilitated by a teacher or administrator. As families cook, they learn healthy food preparation skills, & reinforcement of English.
- Students, parents and teachers/administrators note that the event is memorable, engaging, and they have an increased knowledge & awareness of nutrition and basic cooking skills. Value for the event is heightened by participation of district administrators & teachers, as families hold these individuals in high esteem.
- Students complete a reflections sheet, many noting that they plan to make healthy meals with their family at home and eat more vegetables! A frequent comment from families as they leave the event "This is so special, we will remember forever."
- Parents comment that their children are more willing to try fruits and veggies at home following FCN.
- Cafeteria managers report increased consumption from the salad bar following FCN, documented by produce purchases in March-April.
- FCN engages participating families, they become more comfortable with attending subsequent school events, such as Family Fitness Night, offering additional opportunities to promote healthy food and activity choices.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- 6 school-site workshops to be offered in early spring, focusing on resource materials available and integration into curriculum.

Harvest of the Month

- 125 Teachers & 5 librarians receive monthly newsletters, family newsletters
- 2,500 students receive student workbook
- Featured produce taste-tested in classrooms
- Teachers & librarians receive monthly storybook featuring HOTM produce
- In collaboration with Child Nutrition, featured produce item is on salad bar during tasting week

Nutrition Education and PA in the Classroom (including School Gardens)

Classroom Cooking

- Teachers promote healthy food choices with classroom cooking and tasting activities
- Teachers use school cooking carts to facilitate lessons

Resources

- Provide PowerPlay! to all 4th & 5th grade teachers
- Provide information to obtain resources from Team Nutrition, Dairy Council of California, & American Cancer Society.

School Garden

- Support school gardens with curriculum resources and nutrition lessons in garden setting. Twenty-one classes/month participate in garden-based nutrition education.

Nutrition Education and PA *Outside* the Classroom

Kids Cooking

- Classroom lessons prepare students to plan a theme & lunch menu for ~100 people.
- Students prepare lunch (food cost paid by food services) for parents & community VIPs (school administrators & board members, local government officials, local fire fighters, police & CHP) at the central kitchen.

Nutrition Education and PA in Afterschool Programs

- Provide afterschool programs with "Deal Me In" from Dairy Council of California

Youth Development/Empowerment

- NAC in 4 schools with students as peer educators, plan to expand to 5th site.
- NAC students promote healthy food and fitness habits through PSAs, taking photos and creating posters, sponsoring a school-wide Nutrition Olympics event in the spring.

Cafeteria Connections

- Promote HOTM, distribute materials & produce to classrooms monthly.
- Prepare food items for NAC students to do taste-testing.

Parent Education and Community Outreach

- Implement Family Foods Nights for Title 1 families; linking English language literacy with cooking activities and nutrition lessons.
- Participate in Family Nights focusing on food, fitness, literacy.
- Present basic nutrition lesson to preschool parents at Newhall Elementary.

Santa Cruz City School District

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Number Students Reached Grades-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Santa Cruz City Schools	970	X	X		

Significant Evaluation Results

- Many parents report that their students have prepared a recipe at home that they learned in the garden nutrition program.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Two HOTM teacher trainings to be held this year, for 5-10 teachers each.

Harvest of the Month

- Pre-school – 5th grade classrooms receive a HOTM tasting kit each month. Cooking and gardening activities in the school garden feature HOTM produce for each K-5th grade student, twice a month. HOTM parent and educator newsletter. HOTM bulletin board featured in cafeteria each month. Food Service uses HOTM menu slick each month. HOTM produce featured on school salad bar monthly. HOTM produce and display featured at key school events and meetings. HOTM resources shared with district Wellness Committee.

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers use PowerPlay!, Life Lab, Kids Cook Farm Fresh Food, Nutrition to Grow On, Team Nutrition, TWIGS, among others. Teachers do cooking and tasting activities during small group rotations. In the school garden, small groups harvest produce and prepare simple recipes in our outdoor kitchen. Visits from local farmers to 4th and 5th grade classrooms with hands-on activities.

Nutrition Education and PA *Outside* the Classroom

- School-wide events such as Open House feature a nutrition display and a sample of a healthy snack. Fruit and vegetable theme days twice a year featuring Nutrition Olympics games and activities in the school garden. School-wide Dairy Council cow assembly. Field trips to local farms for 4th and 5th graders. Transportation provided through partnership with Community Alliance with Family Farmers.

Nutrition Education and PA in Afterschool Programs

- Afterschool program receives a HOTM kit each month. Field trip to farmers' market featured once a year. Healthy cooking activities featured. Afterschool cooking class provided.

Youth Development/Empowerment

- In the garden nutrition program, students work together to prepare a recipe and build relationships as they learn about food preferences and the culture of food. Students work cooperatively to plant, observe, and harvest vegetables such as cabbage and peas. Students are encouraged to bring recipes and gardening skills home to share with their families. Students and families volunteer in the school garden at lunch recess and at community garden work days.

Cafeteria Connections

- Nutrition bulletin board in cafeteria monthly. School garden produce featured on cafeteria salad bar.

Parent Education and Community Outreach

- Nutrition display at parent meetings twice a year. Healthy recipe featured at parent meeting once a year. Healthy cooking class for parents once a year. Parents are encouraged to help with classroom cooking projects. Monthly Second Harvest Food for Children distribution. Parents are encouraged to volunteer at the fruit and vegetable theme days and in the school garden.

Shasta County Office of Education - Nutrition Services

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Shasta County Office of Education					
Bella Vista Elementary School District					
Black Butte Elementary School District					
Cascade Union Elementary School District					
Enterprise Elementary School District					
Fall River Joint Unified School District					
French Gulch-Whiskey town Elementary SD					
Gateway Unified School District					
Happy Valley Unified School District					
Igo, Ono, Platina Elementary School District					
Mountain Union Elementary School District					
Redding Elementary					
Whitmore Union Elementary School District					
Total Students	5000	X	X	X	X

Significant Evaluation Results

- We had the opportunity to work with 18 after school program site facilitators teaching them the importance of being a positive role model for the students they spend time with every day after school. By the end of our evaluation they said they have seen a positive change in their personal lives as well as how they interact with the students. We supported them in the implementation of HOTM lessons and tastings, offering healthy snacks, using healthy alternatives for rewards and a greater emphasis on organized physical activity while incorporating nutrition education with the students in their programs.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- We conduct a minimum of 25 staff trainings each year for K-12 Teachers, preschool teachers and after school staff.

Topics include:

- Harvest of the Month
- Power Play
- SPARK
- Go Glow Grow for preschoolers
- Cooking in the classroom demonstration.

Harvest of the Month

- Over 75 teachers are trained each year on implementing HOTM lessons in their classrooms. We provide the Harvest of the month work book as well as the HTOM fruit or vegetable for tasting to over 4000 students in the classroom and in afterschool programs every month. We distribute over 4000 parent newsletters and 100 educator newsletters every month.

Nutrition Education and PA in the Classroom (including School Gardens)

- Eat Fit
- PowerPlay!
- HOTM
- Happy Healthy Me
- Go Glow Grow and Healthy Beginnings for Preschoolers
- Instant Recess
- MyPyramid

Nutrition Education and PA *Outside* the Classroom

- We conduct over 20 Nutrition Decathlons each year.

Nutrition Education and PA in Afterschool Programs

- We provide staff trainings on PowerPlay!, SPARK and HOTM. We HOTM, PowerPlay! and SPARK activities in 23 after school programs reaching over 3500 students.

Youth Development/Empowerment

- Junior Master Gardener is used in the after school programs.

Cafeteria Connections

- Taste tests
- Power Mysteries
- Posters
- Harvest of the Month

Parent Education and Community Outreach

- Parent Advisory Council
- Back to School Nights
- After School Program Family Nights
- Open House
- Lean and Green
- Walk this Way

Shasta County Public Health

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Redding School District- 5 school sites	3,600		X		
Enterprise School District- 5 school sites	3,300		X	X	
Gateway School District- 4 school sites	2,200		X	X	
Cascade	1,500		X	X	
Anderson High	2,200				X
Cottonwood	1,150		X	X	
Happy Valley	600		X	X	
Bella Vista	420		X	X	

Significant Evaluation Results

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Nutrition for Physical Education Teachers
- SPARK (Sports Play & Active Recreation for Kids): K-2 Training with Integrated Nutrition Education-
- Lead and demonstrate Instant Recess DVD at staff meetings- Provide staff break room displays on nutrition using posters and recipe cards
- Distribute Healthy Classroom Parties flyers at staff meetings

Harvest of the Month

- Provide HOTM educator newsletter to 4th and 5th grades.
- Breakfast activity in the cafeteria using HOTM
- Provide HOTM resources to Food Service Director

Nutrition Education and PA in the Classroom (including School Gardens)

- Present nutrition education 'My Pyramid' and Skeleton Race PA to students
- Educate and encourage teachers to use garden curriculum in the classroom
- Use "Eat Well & Keep Moving" curriculum for the impact evaluation

Nutrition Education and PA *Outside* the Classroom

- Collaborate to provide Nutrition Decathlon events in several school sites. This is a day long nutrition and physical activity event including teachers, parents, and collaborative partners. Students are asked nutrition questions and then given tickets for correct answers. Students use tickets to choose a physical activity station.
- Provide nutrition education at booths with taste tests at Open Houses, Back to School Nights, and Harvest Festivals.
- Provide education on healthy fundraisers school sites raising funds for Safe Routes to School events
- Include nutrition education at Safe Route to School Events

Nutrition Education and PA in Afterschool Programs

- Encourage cooking activities, provide demonstrations, and present nutrition education for various afterschool programs
- Provide HOTM and parent newsletters
- Provide a SPARK demonstration lesson

Youth Development/Empowerment

- Present “Re-think Your Drink” campaign to 6-8th grade leadership students and encourage them to share this information with fellow classmates
- Train middle school students to provide nutrition education to elementary school students at Safe Routes to School Events.

Cafeteria Connections

- Promote existing healthy cafeteria choices via newsletter articles and take home menus. Students at one school want to submit recipes based on the HOTM fruit or vegetable and then make the recipe for the school.
- Promote a 2 week long Healthy Choice Breakfast Cereal Campaign.
- Educate, update and provide nutrition information to food service directors
- Facilitate and coordinate hiring of a consultant to work with Food Service Directors
- Promote Breakfast Program using National Breakfast Week Materials

Parent Education and Community Outreach

- Provide resources and/or nutrition education at parent clubs. Resources such as the *Network* Cookbook and two nutrition education presentations, “Portion Distortion and Healthy Eating on a Budget,” are planned. A brief description of the presentation and resources available is included in the school newsletter..
- Provide nutrition education at special events such as “Parent Night” such as “Healthy Eating on a Budget and Family Fitness Fun.”
- Provide nutrition education and resources to parents at the Nutrition Decathlon events.
- Provide nutrition education at farmers market, Latino Independence Day Fair, Family Fun Fest, and Anderson Cottonwood Christian Assistance (food bank).

School Health Councils

- Participate in Redding School District Health and Fitness Council
- Participate in Anderson Health Council
- Provide technical assistance to develop a Health Council to facilitate the planning process for the Healthy Students Initiative

Sonoma County Office of Education

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Bellevue	483		X		
Guerneville	298			X	
Monte Rio	102			X	
Santa Rosa	466		X		
Windsor	980			X	

Significant Evaluation Results

- Appreciation of these programs and increase in community involvement grows every year.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- LIA Coordinators work closely with teachers and staff, but funding for professional development time is very limited.

Harvest of the Month

- All coordinators in our program are encouraged to use HOTM. It is given to teachers every month and they appreciate the information. It is great that it is now more seasonal; this has increased its use.

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers use a variety of materials: Kids Cook Farm Fresh Food, Nutrition to Grow On, TWIGS, HOTM, PowerPlay!, and materials from CA Foundation for Agriculture in the Classroom. Students have hands-on gardening activities that are very physical and cooking activities featuring HOTM produce for that month.

Nutrition Education and PA *Outside* the Classroom

- Windsor District holds a health fair every year and the Santa Rosa District has a 25 mile walk-a-thon every year that the community participates in. Guerneville and Monte Rio Union hike through Armstrong Woods regularly. Monte Rio also has a regular salad bar. Guerneville has several garden events each year where a chef is invited in to cook healthy recipes with food grown in the garden.

Nutrition Education and PA in Afterschool Programs

- All sites participate in the afterschool programs at least once a week. Activities include gardening, cooking and participating in campus events.

Youth Development/Empowerment

- LIA Coordinators encourage participation of community volunteers, parents and other groups such as Circle of Sisters, West County Community Services, AmeriCorps, and America's Promise. These organizations encourage service-learning and civic engagement.

Cafeteria Connections

- Schools that have cafeterias are encouraged to provide fresh fruits and vegetables. When possible, school cafeterias allow produce from the garden to be used in school lunches.

Parent Education and Community Outreach

- Students are encouraged to share information on nutrition with their families through regular newsletters, recipes and school events featuring nutrition.

Tulare County Office of Education

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Alta-Vista	500		X	X	
Cutler-Orosi	3,715	X	X	X	X
Dinuba Unified	5,549		X	X	X
Exeter Public Schools	3,053		X	X	X
Porterville Unified	13,685		X	X	X
Woodlake Union	1,650	X	X	X	
Special Services	764	X	X	X	X

Significant Evaluation Results

- “This (HOTM taste testing) is a great way for students to try new foods that they wouldn’t normally try. As a teacher, I can’t find the time to do something like this, especially the preparation. Please continue to do this service. After taste testing asparagus, parents were telling me that their children were asking them to buy asparagus. Parents were not very familiar with asparagus and were inquiring where they might purchase it for their children.” – A Teacher

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Four hundred to five hundred providers participate in 4-6 nutrition/physical activity (PA) training events.
- SPARK training: Sports, Play and Active Recreation for Kids.
- Nutrition basics with grade-appropriate nutrition curricula.
- Garden based nutrition education in partnership with the Farm Bureau.
- S.H.A.P.E. – Shaping Health as Partners in Education.
- Central Valley Health and Nutrition Collaborative trainings.
- HOTM implementation training.
- Annual *Network* Conference workshops.
- Collaborative Coalition Building Training.
- Skills-based training.
- Nutrition and science links.

Harvest of the Month

- Opportunities for students to taste the fruits and vegetables monthly or quarterly.
- Purchase grade level HOTM library books.
- Distribute student workbooks adapted by ABC and Downy Unified.
- Teacher nutrition education resource packets with HOTM transparencies, newsletter, teaching points, stickers and recipes.
- Fresh produce baskets to Special Services, Dinuba, and select Porterville schools.
- Parent newsletter and menu slick in English and Spanish.

Nutrition Education and PA in the Classroom (including School Gardens)

- Nutrition education and PA in the classroom resources include: HOTM, Team Nutrition, Dairy Council of California, California Healthy Kids Resource Center, MyPyramid, Dietary Guidelines for Americans, and more.

Nutrition Education and PA *Outside* the Classroom

- Fruit and vegetable costumes will be used to promote nutrition education at events.
- Local community events include: Farm Day, Literacy Fairs, Health Fairs, Fruit and Veggie Fest, Nutrition Challenge Bowl, and community/school festivals.
- Back to School Night nutrition and PA promotions in partnership with FoodLink.
- Retail supermarket tours with HOTM recipes and posters.
- Calendar Art Contest – “Tulare County Agriculture... A Healthy Choice.”
- Essay Contest for 4th and 5th grade students – “Why Eat Harvest of the Month Fruits and Vegetables?”

Nutrition Education and PA in Afterschool Programs

- Children prepare nutritious snacks.
- Program staff receives nutrition information including recipes, games, activities and educational materials.
- Health Education and Health Services Training: “Providing Healthy and Affordable Snacks After School,” “Assessing Your Snack Program,” “Physical Activity Modules 1-3,” and “Ability Awareness.”

Youth Development/Empowerment

- Nutrition Advisory Council (NAC): Serves as a link between students, school foodservice personnel, administrators and the educational community. Student representatives relay feedback on the important role good nutrition plays in students’ lives, their foodservice needs, and making healthy foods available on campus and during school functions.

Cafeteria Connections

- HOTM menu slicks are distributed.
- Fruit/vegetable of the month is featured in the School Breakfast and Lunch Program.
- Food Service Directors attend monthly partner meetings to keep informed.
- Cafeteria Connections HOTM posters and bulletin boards provided.

Parent Education and Community Outreach

- Nutrition education provided by the *Network* School Nutrition Liaison.
- Parent classes include: nutrition lessons, healthy shopping tips, access to fresh produce, menu planning, Cooking Smart, Living Smart (American Cancer Society).

UC Cooperative Extension – Alameda County
The Nutrition Education Training Academy (NETA)

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Oakland Unified School District	1,300	X			

Significant Evaluation Results

- We are pleased to have completed the evaluation process because the pre- and post-observations were very labor intensive. Although we only saw statistically significant differences in the preference score of raspberries after children were exposed to the nutrition and gardening activities of **Nutrition Matters!** curriculum, we also saw positive trends in preferences in snap peas and figs. Children exposed to the gardening activities **Nutrition Matters!** curriculum showed increase in preference scores for beets, raspberries, and snap peas, however these were not significant.
- The NETA staff established greater working relationships with teachers, site administrators, and children. The feedback we received from them was rewarding. In general, children enjoyed the lessons and are eating more fruits and vegetables. NETA staff is pleased with this year's intervention/evaluation because it has given them the opportunity to work directly with the teachers, assisting in the implementation of the curriculum. It is also rewarding observing children's faces when they see the fruits and vegetables growing in the garden, and later taste the produce.
- One moment that struck me [as a success] was during the "Strong Healthy Seeds" activity. As I passed a seed to each student, their facial expressions showed their interest in the activity. They all wanted to participate and guess what fruit or vegetable the seed would "change" to. During the fruit tasting, we included cut-up, dried figs. One of the children said, "It looks like dog poo, but it tastes good." The fact that he was willing to taste the fig, even with the negative appearance, felt like big success. The teachers were also really interested in the activity and at the end of the lesson, the teacher said "the lesson went really well." ~ NETA Program Representative

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Ongoing site trainings for Module 1 Nutrition of the Nutrition Matters! curriculum.
- 4 Saturday trainings for Module 2 Garden Based Nutrition Education of the Nutrition Matters! curriculum.
- 1 Annual Nutrition & Gardening Conference
- 1 SPARK Physical Activity training
- Ongoing HOTM training for teachers

Harvest of the Month

- HOTM is conducted in 23 classrooms on a monthly basis.

Nutrition Education and PA in the Classroom (including School Gardens)

- The NETA program provides early childhood professionals workshops in Nutrition and Edible Gardening that are held onsite and on Saturdays.
- Teachers are able to use lessons from the Nutrition Matters Edible Garden Module that are linked to the Department of Education Desired Results.

Nutrition Education and PA *Outside* the Classroom

Nutrition Education and PA in Afterschool Programs

Youth Development/Empowerment

Cafeteria Connections

Parent Education and Community Outreach

- The NETA Program hires parents for their Community Nutrition Education Component (CNAM) to learn about health and nutrition practices to improve themselves, their families, and their communities. The Nutrition Education Assistants will learn to mobilize, recruit, and organize other parents in their school community to create environmental changes that ensure access to fresh, local, healthy food, and safe spaces for play and physical activity. NEA's will help raise awareness about the importance of eating fruits and vegetables, daily physical activity, and access to federal assistance programs.

**University of California, San Diego –
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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Lemon Grove Unified School District	1,734		X		
San Diego Unified School District	288		X		

Significant Evaluation Results

- Nutrition Link's website traffic increase 94% in spring of 2008 compared to spring 2007 due to the quiz participation incentive program.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

Harvest of the Month

- Host HOTM website link on the Nutrition Link's homepage.

Nutrition Education and PA in the Classroom (including School Gardens)

- *Nutrition Link* is a third, fourth, and fifth grade nutrition education curriculum being taught to over 1,000 students at seven schools during the 2007-2008 school year designed to help students acquire the knowledge, skills, and practical solutions that will enable them to adopt healthier eating and physical activity attitudes and behaviors for life.
- The curriculum is comprised of web-lessons and classroom lessons that are grouped into 7 nutrition education units per grade, with each unit including two web-lessons and one classroom lesson. These lessons include: MyPyramid, San Diego Fruits & Vegetables, Serving Sizes, Physical Activity, Food Safety, California Fruits & Vegetables, Nutrition Facts Label, Breakfast, Vitamins & Minerals, Heart Disease, Digestion, Energy Balance, Fast Food, Food Advertising, Beverage Consumption, and Body Image.

- Each nutrition education unit covers a key nutrition concept from the Dietary Guidelines for Americans (U.S. Department of Agriculture) and the Healthy People 2010 Objectives (U.S. Department of Health and Human Services).
- The relevancy of each key nutrition concept is enhanced by integrating it with core subjects for each grade level, such as applying math to better understand the food label for fourth graders studying volumes or exploring the relationship between a high fat diet and heart disease for fifth graders studying the human body.

Nutrition Education and PA *Outside the Classroom*

- Co-sponsored Family Health and Fitness Day at the City Heights' Wightman Library and distributed pedometers to 100+ participants.
- Co-sponsored physical activity program with the *Network* hosting the Governor's Fitness Challenge to students in the San Diego Unified School District

Youth Development/Empowerment

- The *Nutrition Link* curriculum empowers youth to make healthier food choices by teaching them important nutrition concepts thereby allowing them to impart the knowledge they have acquired about nutrition to their friends and family. The students that partake in the *Nutrition Link* program are taught to share and work collaboratively in teams when completing lesson activities.
- Students embrace their unique personality and physical features after being taught the Body Image lesson.
- *Nutrition Link* also hosted a logo design contest to have our students design a new logo for the *Nutrition Link* program. This contest allowed the students to abstractly incorporate the nutrition concepts they had learned from *Nutrition Link* lessons into their logo submissions.

Cafeteria Connections

- *Nutrition Link* provides nutrition related content for school lunch menus, newsletter and local media outlets.

Parent Education and Community Outreach

- *Nutrition Link* participates in parent education through school and community events such as Open Houses, Back to School Nights, City Heights Farmer's Market and health and safety fairs. *Nutrition Link* focuses on teaching parents about the importance of eating fruits and vegetables for themselves and their children, reducing the consumption of caffeinated beverages by children and helping parents identify the correct serving sizes of foods. At a health fair sponsored by Parents United, *Nutrition Link* highlighted the effects of caffeine in children.
- Posted articles written by staff regarding caffeine consumption, food advertising, physical activity and resistance training, and obesity on the parent's website hosted by *Nutrition Link*.
- Dissemination of information and flyers including the Summer Foods Service Program free summer meals at schools to the community.

Ukiah Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Anderson Valley Unified	300	X	X	X	X
Arena Elementary	250	X	X		
Fort Bragg Unified	1,540	X	X	X	X
Laytonville Unified	300		X		
Leggett Unified	150		X	X	X
MCOE Court and Community Schools	100				X
NCO Head Start Preschools	400	X			
Point Arena Joint Unified	400				X
Round Valley Unified	300		X	X	X
Potter Valley Unified	300		X		
Ukiah Unified School District	5,000	X	X	X	X
Willits Unified School District	650		X		X

Significant Evaluation Results

- The best moments are witnessing the children's enthusiastic harvesting of fruits and vegetables they have planted in our garden, an enthusiasm that extends, surprisingly, to chard, eggplants, chilies, zucchini, broccoli, and salad greens.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- HOTM Training to over 30 teachers.
- Staff Training on how to fill out forms – 40 participants
- Nutrition Education Classroom Cooking 40 teachers.

Harvest of the Month

- We do HOTM every month which goes to the classroom. Some districts do HOTM in the cafeteria. We have connections with the cafeterias to spotlight the HOTM produce for meals. We are doing parent and student cooking classes spotlighting HOTM produce. Festivals and Health Fairs have a HOTM component.

Nutrition Education and PA in the Classroom (including School Gardens)

- Cooking in the classroom is done with such curricula as Kids Cook Farm Fresh Foods, North Coast Gardening Binder, PowerPlay! And Nutrition to Grow On!

Nutrition Education and PA *Outside* the Classroom

- We provide physical activity promotion assemblies such as Shasta Skippers, a jump rope troupe. We are doing parent and kids cooking classes.

Nutrition Education and PA in Afterschool Programs

- We have cooking classes after school and they use PowerPlay!

Youth Development/Empowerment

- We do a peer nutrition education at the middle school. They participate in cooking classes and fresh fruit and vegetable contests. We encourage students to participate in the Human Race.

Cafeteria Connections

- We provide posters and HOTM for taste testing. Some cafeterias make an effort to increase fruit and vegetable consumption by reminding students to eat more f & v.

Parent Education and Community Outreach

- We have collaborated with Ukiah Natural Foods to provide parent and kids cooking classes using bulk ingredients and fruits and vegetables in season. We participate in school and community events like Cinco de Mayo, Harvest Festivals, Farmers Markets and Health Fairs.

United Indian Health Services

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Del Norte Unified School District	100		X		
Klamath-Trinity Joint Unified School District	150		X	X	

Significant Evaluation Results

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- 2 HOTM trainings, food demos, and activities done with classes.

Harvest of the Month

- Monthly taste-tests
- Parent newsletters

Nutrition Education and PA in the Classroom (including School Gardens)

- HOTM
- Power Play!
- MyPyramid

Nutrition Education and PA *Outside* the Classroom

- Provide examples showcasing how education is provided outside the classroom, including school assemblies and special events.

Nutrition Education and PA in Afterschool Programs

- Monthly Nutrition Education in after school programs at schools and Native American Community Centers

Youth Development/Empowerment

Cafeteria Connections

- Bulletin Boards in Cafeterias

Parent Education and Community Outreach

- Newsletters
- Harvest Celebration
- Native American Community Events

Vaughn Next Century Learning Center

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Vaughn Independent Charter School	2,000	X	X	X	X

Significant Evaluation Results

- Our parents have often stated that they appreciate the time and effort that we have placed on parent and student nutrition education. They share stories about their nutritional cooking successes and how their children share and prepare the newly learned HOTM recipes at home. During a Parent Forum comment session, Mrs. Parent got up and excitedly shared with the others the way she had learned how to make the pasta salad with tomatoes in the daytime cooking class. She made a large bowl for her family thinking that she would have leftovers for the following day. To her surprise, her family loved the new recipe, and there were no leftovers for the following day.
- This anecdote demonstrates the effectiveness and necessity for our program. One could assume that everybody has tasted a common vegetable pasta salad either at home or at restaurants and they would have knowledge on how to prepare it at home. This has been proven to be an incorrect assumption. Many of our parents don't have these nutritional experiences and when they do learn and have successes, they themselves share their nutritional stories with their children and with others. Our parents and their children are demonstrating healthier nutritional changes in their cooking and eating habits.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- "Tender Loving Care"- New teacher training. A program overview highlighting Vaughn's *Network for a Healthy California*'s developmental history and the teacher's role in our nutrition education program
- After School Staff Training – *Network for a Healthy California* program expectations for our After School Program and ways to encourage healthy eating habits and increase physical activity during the after school classes
- Cafeteria Staff Training- Promoting Healthy Food Selections in Schools
- Teacher Training Quarterly Professional Development Sessions-
Topics to include: HOTM- Sharing of Classroom Strategies; ELD strategies for

Teaching Nutrition Education; Thinking Maps and Nutrition Education; Fun and Fast Physical Activities to Include in Classroom Instruction.

- Teacher Nutrition Team Training – Providing the available resources for team grade level sharing

Harvest of the Month

- HOTM Cooking in the Class lessons
- Pre-school support using Los Angeles Collaborative HOTM lessons
- Cafeteria highlights HOTM in monthly menu and in food selection
- HOTM taste testing activities at lunch service
- Monthly HOTM newsletters to parents

Nutrition Education and PA in the Classroom (including School Gardens)

- Grade Level Nutrition Teaching Team provides teaching resources and teaching strategies to grade level teachers

Nutrition Education and PA *Outside* the Classroom

- “Eat Your Fruit and Veggies Campaign” implemented by Family Advocate at school lunch service.
- Monthly elementary student nutrition education and physical activity assemblies provided by Elementary Nutrition Student Council
- Provide nutrition and physical activity books for “Nutrition Discovery Corners” in our primary, elementary and secondary libraries.
- Implement Nutrition Camp classes during intersession focusing on physical activity promotion and fruit & vegetable consumption,

Nutrition Education and PA in Afterschool Programs

- Provide a cooking classroom and resources for the Afterschool Cooking Class.
- Provide resources and training for the Instructional School Garden Club.

Youth Development/Empowerment

- Middle School and High School Nutrition Advisory Councils (SNAC) develop and provide nutrition education and taste testing activities for peers
- Student Cook-Offs sponsored and hosted by SNAC and School Cafeteria
- Nutrition education and taste testing activity booths sponsored by SNAC groups and held in community markets and community health events

Parent Education and Community Outreach

- Monthly Parent Cooking Classes highlighting HOTM recipes
- Participate in Healthy Parent Resources in the Community Fair
- Parent Nutrition Education and Physical Activity Forums including the use of Physical Activity Toolbox for Community Educators
- Provide nutrition education display at our school health clinics
- Present nutrition education resources at Champions for Change booth at Back to School Night, Parent Appreciation Night, Open House
- Provide Saturday Parent Nutrition Education Class

Cafeteria Connections

Ventura Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Ventura Unified School District	3,866		X	X	X

Significant Evaluation Results

- It has been wonderful to see the students' connection with the salad bar. When they were first introduced, students took ranch dressing and croutons. With marketing, nutrition education, cooking classes, and HOTM, student awareness is up and they are really enjoying the salad bar. Students are taking full salads with a variety of fruits and vegetables on their plates. When asked what they think of the salad bar, they say "we love it".

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- Teacher-in-Service Training: Nutrition Basics, Cooking in the classroom, healthy classroom parties, garden basics. Three sections were offered October 10, 2008
- Nutrition Based Garden Training: Garden Training with our garden specialists, guest speaker and Rose-Hayden Smith, Master Gardener for teachers at our District facility and district garden. To be held January 30, 2009
- Teacher-in-Service Training: training being planned for upcoming teacher buy back day spring 2009 to include Nutrition and HOTM.

Harvest of the Month

- Taste Testing is done in the cafeteria by our Salad Bar Coordinator once a month at each school site.
- Teachers receive the HOTM Educator newsletter to incorporate HOTM in their classroom
- The cafeteria serves the HOTM salad every Tuesday on the salad bar and offers the HOTM produce on the salad bar throughout the month.

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers use *The Great Body Shop* health curriculum in the classroom which includes both nutrition and physical activities. They also use SPARKS for Physical Education. Some sites are using PowerPlay! in the 4th and 5th grade classes.

- Nutrition Educators model nutrition lessons and cooking classes, one each for each teacher.
- Garden Coordinators help lead students in garden lessons, planting, maintaining, and harvesting the gardens. A garden training is scheduled for the end of January and lessons are being developed for each grade level. Whenever possible, HOTM produce is planted and harvested in the gardens.

Nutrition Education and PA *Outside* the Classroom

- Growing Healthy Families – evening hands-on activities for families

Nutrition Education and PA in Afterschool Programs

- Jr. Chef Club – children prepare a nutritious snack and compile a cookbook with all of their recipes.

Youth Development/Empowerment

- Green teams are being developed at each of our *Network* schools with fourth and fifth grade students. They will help in the gardens, recycling, and working as a team.

Cafeteria Connections

- Cafeteria Staff work with the Nutrition Educators and together help promote healthy choices at lunch. Cafeteria staff prepare and promote the HOTM salad every Tuesday. Colorful posters are displayed each month featuring the HOTM produce as are other NN posters to encourage healthy eating and physical activity.

Parent Education and Community Outreach

- Growing Healthy Families Night
- Summerfest – a community celebration for healthy living, gardening, nutrition, and physical activity.

Visalia Unified School District

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Visalia Unified School District	12,900		X	X	X

Significant Evaluation Results

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

Harvest of the Month

- HOTM Program is conducted at the primary level in the classroom setting with occasional special promotions conducted as large group events.

Nutrition Education and PA in the Classroom (including School Gardens)

- Nutrition education is conducted district-wide at the second grade level (*Network SOW* for eligible sites) using Reading Across MyPyramid. PowerPlay! and Dairy Council materials are taught at the fourth, fifth and sixth grade levels, and a nutrition education unit is also taught in the required high school health class. Elementary physical education teachers provide physical education classes to all fourth, fifth and sixth grade students twice a week; they also promote nutrition education. SPARK training has been provided to kindergarten through third grade teachers and equipment purchased for each site to encourage regular physical activity (funded through a PEP grant).

Nutrition Education and PA *Outside* the Classroom

Nutrition Education and PA in Afterschool Programs

Youth Development/Empowerment

- A youth empowerment program is planned for the middle school during an afterschool program for our current year.

Cafeteria Connections

- All cafeterias are provided nutrition education materials for displays to promote healthy eating. Some sites conduct week-long “Fruit and Vegetable Fun Week” with daily activities to promote fruits and vegetables.

Parent Education and Community Outreach

- Nutrition education and physical activity promotion tables are manned by the elementary physical/health education teachers at Open House and Back to School Night events. “Eating the MyPyramid Way” classes are also conducted at elementary site parent meetings.

Yolo County Health Department

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Number of Students Reached and Grade-Levels Served in FFY 2008 – 2009

School District	# of Students Reached	Grade-Levels Targeted			
		Pre - Kindergarten	Elementary	Middle School	High School
Woodland Joint Unified School District	1580	X	X		X
Washington Unified School District	520	X	X		X
Yolo County Office of Education (YCOE)	600	X			
Head Start/Early Head Start Programs	623				

Significant Evaluation Results

- Washington Unified School District's Elkhorn Elementary School project revealed total preferences for vegetables significantly increased ($p=0.021$) and a positive trend for fruits was observed. It should be noted that the baseline preference for fruit was high and therefore a significant change would not be anticipated. Preferences significantly increased for green beans ($p=0.01$), melons ($p=0.042$), salad greens ($p=0.005$), and spinach ($p=0.02$). Positive preference trends were assessed with asparagus, kiwi, mandarins, and persimmons. In conclusion, the project at Elkhorn which included taste tests, workbooks, cooking in the classroom, and educational newsletters was effective. It improved nutrition knowledge in the children which led to improvements in self efficacy and consumption.

Key Activities for School Year 2008-2009

Professional Development for Teachers and Staff

- 80 teachers/staff expected to participate in HOTM trainings

Harvest of the Month

- Classroom interactive cooking/activities at all partnering sites
- HOTM on monthly menus at YCOE Head Start
- Afterschool interactive cooking/activities at all partnering sites
- Including HOTM activities with statewide initiatives and at Mini Farmer's Markets
- Parent Newsletters

Nutrition Education and PA in the Classroom (including School Gardens)

- Teachers provide nutrition education/physical activity information in classroom during statewide initiatives, class parties and class presentations.
- A series of classes will be offered in the classroom at qualifying elementary schools.

Nutrition Education and PA *Outside* the Classroom

- International Walk to School Day events including assembly on healthy eating and physical activity.
- Fruit & Vegetable Carnivals
- Kinder Fairs/ Kinder Round Ups
- Nutrition poster contest
- Parent/child nutrition/PA workshops
- PTA/ELAC meetings
- Nutrition and literacy project
- Open House
- Back to School Night

Nutrition Education and PA in Afterschool Programs

- Provide nutrition education classes at 3 afterschool programs through cooking club activities and with fruits and veggies from school garden
- Cooking/PA demonstrations

Youth Development/Empowerment

- Innovative nutrition education/PA workshops are designed for youth to develop cooking skills, learn the benefits of healthy eating and the importance of family nutrition.
- Parent/child nutrition workshops are designed for parents and children to cook together as a family. Buy local fruits and vegetables..
- Children and parents take part in cultivating their school gardens and we provide interactive nutrition education classes (cooking demonstrations, hands on cooking, taste testing, recipes, etc).

Cafeteria Connections

- Participate on the Head Start Policy Council and Health Advisory committees. Our department provides input on how to provide nutrition and PA services to the Head Start clientele.
- Nutrition Services Director and staff are included in County Nutrition Action Plan meetings as well as collaborative.

Parent Education and Community Outreach

- Parent nutrition education is offered through adult education classes, state preschool/Head Start parent meetings, parent committees/volunteers and school readiness programs.
- Health Fairs offered by clinics, health centers and local community agencies
- International Day of the Children (Dia de Los Ninos)
- Public Health Week
- International Walk to School Day
- Binational Health Week
- Migrant Camp Openings



The *California Network for a Healthy California*

California Department of Public Health

Statewide School Networking Meeting

March 3, 2009
12:30 – 4:30 PM



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